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ISSUE 172 • NOVEMBER 2005 • FREE



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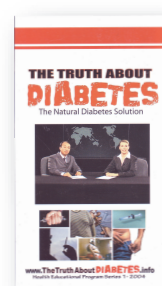
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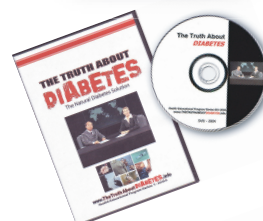


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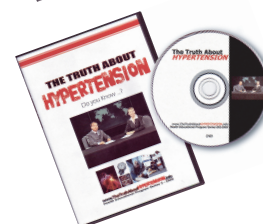
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Common Ground Publishing Corp.
NEW HEAD OFFICE:
 204-4381 Fraser St.
 Vancouver, BC V5V 4G4 Canada

ISSN No. 0824-0698

Copies printed: 68,000

Over 250,000 readers per issue
 Survey shows 3 to 4 readers/copy.
 Annual subscription is \$60 (US\$50) for
 one year (12 issues). Single issues are
 \$6 (specify issue #). Payable by cheque,
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100% owned and operated by Canadians.
 Published 12 times a year in Canada.

We acknowledge the financial support of the
 Government of Canada, through the Canada
 Magazine Fund, toward our editorial costs.

Publications Mail Agreement No. 4001171
 Return undeliverable Canadian addresses to
 Circulation Dept.

204-4381 Fraser St.
 Vancouver, BC V5V 4G4

Printed on recycled paper with vegetable-
 based inks.



Our cover

Common Ground publisher Joseph Roberts
 with Peter C. Newman. Newman's journal-
 ism career has spanned five decades, with
 much of his time being devoted to *Macleans*'s
 magazine. His 20 books have sold over two
 million copies. His most recent book, *Secret
 Mulroney Tapes: Unguarded Confessions of a
 Prime Minister* is compiled from years of can-
 did taped conversations with Mulroney and
 the people closest to him.

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FAIR TRADE SINCE 1946

Peter C. Newman on being Canadian

INTERVIEWING THE INTERVIEWER

by Joseph Roberts

Peter C. Newman has been writing about Canadian politics for nearly half a century. He has published 22 books, including his 2004 best-selling memoir Here Be Dragons: Telling Tales of People, Passion and Power. Throughout his career, Newman has earned the title of Canada's "most cussed and discussed" political commentator. His most recent book, The Secret Mulroney Tapes: Unguarded Confessions of a Prime Minister (Random House Canada) has been called a "no-holds-barred profile."

Common Ground: Our November theme is remembering who we are. What are your thoughts about who we are as Canadians, both in our families and communities, and on a global scale?

Peter C. Newman: I truly believe it's a very valuable thing to be a Canadian. There are many reasons for that. One is that the world runs on technology now and we can offer the world North American technology without the burden of American imperialism. If you buy American technology, you get a hidden agenda with it. We just sell a technology, and that's a huge advantage.

Secondly, we have established a fairly decent multicultural society, which is again a valuable quality to have in terms of fitting into the 21st century, because everybody, every country, has to be multicultural.

We have a huge advantage, something incalculable, in that we have the world's largest amount of fresh water and oil. I mean, what two more precious commodities are there? Now, we may or may not have the wisdom to market them, or sell or rent them in a way that most benefits the country, as opposed to giving them away, which has been our pattern in the past. So, I'm a little bit hesitant to name this quality, because our politicians may completely wreck the possibil-

ity of doing something creative.

I'm not saying we shouldn't trade, because if people are thirsty they've got to have water, but I am saying we shouldn't give it away to the Americans; we should get something back, which we didn't really

our mother tongue. In terms of doing business, of doing almost anything in the world now, you have to know English.

Finally, despite all the problems we have and the very real difficulties, when you go to any other country and look back on Canada, we still look like we have fewer problems than most other countries. You have to experience that to realize it. I've been living abroad for four and a half years now and I didn't know it before I went abroad. If you compare anybody's problems with our problems, ours are not as serious.

CG: What are you reading now? Which is your favourite newspaper and magazine, and which books are you reading?

PN: I'm reading all the novels by Oliver

most important history book ever published in Canada.

CG: In terms of newspapers or magazines, is there a particular one that you prefer?

PN: I read all of them: all the Canadian papers and the New Yorker. I like Gerald Hirsch, the guy who does all those exposés.

CG: Given that you've met all these people with different degrees of political power, how would you separate personality from principles? I sometimes think the personalities rule the day.

PN: You're right, but I don't bother with personality. I'm interested in character. I find that personality, especially among politicians and big businessmen, is something they can put on and take off every night. Whereas character, which is who they really are, who Mulroney really is in my book [*The Secret Mulroney Tapes*], as opposed to his personality, is much more difficult to gauge and to debate with.

I think Trudeau had character. He was tough and knew exactly what he wanted for the country and for himself. I don't think Chrétien has character, and certainly Martin doesn't.

In a funny way, Mulroney does and it comes out in the book, and in his case that's Irish. He's an ultimate Irishman, the Irish being a people who are born to tell stories, which are not always connected with facts. They're romantics and dreamers. They have a tendency to exaggerate. But they also have wit and humour, which he does, and in a way, his character as being Irish as opposed to his personality, which is the son of Baie-

Comeau who became prime minister. CG: Do you make a distinction between who has power and strength, and who has wisdom? PN: In terms of wisdom, it's a rare



Peter C. Newman, author of *The Secret Mulroney Tapes*, being interviewed by Joseph Roberts of *Common Ground*

in the free trade deal.

The other advantage is that we speak English, which has become the world's language. Everybody either knows English or is learning it, and for most of us it's

Stone, one of my favourite authors. I'm reading a book about Derek Burney, who was the executive assistant to Mulroney. I'm re-reading *The History of Canada* by Donald Creighton, which I think is the

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commodity among these people. One reason, and I'm talking about both politicians and big businessmen, is they have no sense of introspection, which I think you have to have in order to have wisdom. They're about as introspective as heavy-weight boxers. They're not in the wisdom business. They would see it as a liability. It stops you. If you think about things too long and consider all the possibilities and options, you might gain wisdom, but you wouldn't gain profits, and they're in the business of harvesting profit, whether that's numbers of votes or numbers of dollars.

CG: Is Canada capable of surviving globalism? What would be the best way to play our cards amidst the US, Britain, China with all the shifts that are occurring?

PN: This is one of my few original theories. I think globalism is going to shift into very unexpected directions. While the 20th century was essentially a century of nation states, I think the 21st century will be a century of city states, including Canada.

So, Canada can survive globalism in a limited way through its city states. We might have three or four. The thing about a city state is that it has the critical mass to live with modern technology, to exploit it, whereas smaller concentrations of populations don't. That requires good universities and a highly educated labour force, which we have.

I see that as the future of Canada, with rural areas continuing to accelerate in decline, and city states taking over and eventually joining into some kind of global or semi-global coalition such as the Hanseatic League which was a coalition of harbour cities in Northern Europe that lasted 300 years. That's the way I see globalism going and where we're going.

CG: Who in this country is worthy of being prime minister, and who in BC is worthy of being the premier?

PN: How do you mean worthy?

CG: Well, I see it as someone who would actually work for the best interests of Canada and the people that live here, rather than on behalf of multinational corporations that aren't based in Canada. Someone honest who would leave a legacy rather than a debt.

PN: Everywhere I go people ask me who I think can lead us. I've never come up with a name. I'm not dodging the question. I'm just saying that we're at a peculiar stage in our history where there's no identifiable leader. I use the word "identifiable" because I know there's somebody out there, but I don't know who it is any more than you do. There's no obvious choice that I know of.

CG: If there were such a person capable of making a major change in Canada and the world, what would that change be?

PN: Well, you've got to get somebody who's there not to get a better job or make more money, but to genuinely improve the conditions of life.

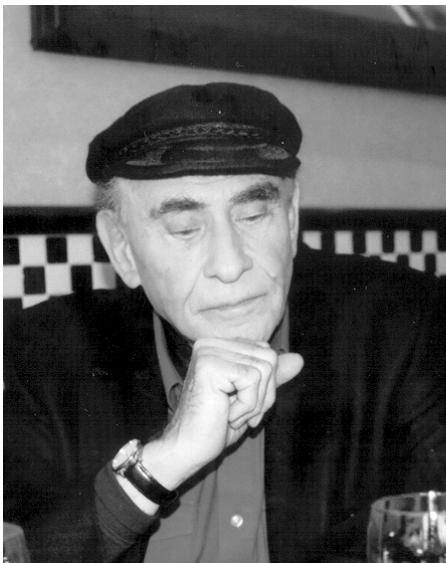
CG: Some have said that they thought you were basically a Libertarian with a conservative streak – someone who has not taken the CanWest Global approach to journalism, but went on to have things such as power

more out in the open, celebrating more of a diversity of you with a sense of humour. Where would you say you're at politically and philosophically?

PN: I guess I'm a small "L" liberal, but I don't buy all those definitions any more. I think they're obsolete. I think what matters is whether or not you're a nationalist, whether or not you believe in your country. That's more important than left or right, because being left or right. You know, in some situations you're left, and in some you're right. So, I'm looking for people who believe in and are willing to work for Canada. Whether they're left or right is a detail, because eventually they're all going to be in the middle anyway.

CG: I love your quote from Orwell: "the lower-upper-middle class." Why would Gordon Campbell, Ralph Klein, and Dick Cheney meet on a ranch recently?

PN: I'll give you three guesses: energy, energy, energy. And how to get it cheaply into the US.



Newman in his fishing cap

CG: How does the emergence of China figure into the world scene in terms of Canada?

PN: I think Canada is going to have a lot of trouble. China's not a democracy. They don't have a viable legal system. And my prediction is it's India that's going to be the next great power, because they are a democracy and they have the British legal system so people aren't afraid to invest in it and they've got a billion people too. They're also much more open to the modern world than China.

CG: What do you love most about Canada and Canadians?

PN: Well, there's a lot I don't admire. Canadians are too scared and too deferential. But unlike the US, Canada is a country that's still in the process of becoming. The evolution hasn't stopped. It has a long way to go. And we have seven people per square mile, which makes us one of the less populated industrial countries in the

world, which gives us a lot of potential for growth. We're blessed with natural resources, including the water and oil that I mentioned.

Mostly, again unlike the US, you can be a Canadian and still be a Newfoundlander or a Czech or a German or whatever, whereas in the States you're just an American and you have to forget all your other roots.

CG: I thought up a new term: USNA or US of North America. Are Canadians sleepwalking into the Amero-dream where Mexico and Canada would be merged with the US?

PN: Why would they merge with us? They own everything that's profitable here now. If they merged with us, they'd have to be subsidizing the Maritimes and doing all kinds of stuff they don't want to do. They don't need to merge with us. They'd have to foster the arts and do all the things the government does now. This way, they just own the profitable parts.

CG: It seems like the only things that get privatized are the things that are profitable. Why is that?

PN: Because the government would sell them off and make more money.

CG: Given that you're now spending a lot of time in England, what advice would you give to Canadians?

PN: Appreciate your country. Too many Canadians take it for granted, which is inexcusable. We have the mandate of heaven and we don't appreciate what we have.

CG: How should people appreciate it more?

PN: Maybe become a politician and pass some enlightening legislation, take care of the environment, or write Canadian songs and poems.

CG: How did you get into writing and journalism?

PN: I couldn't think of anything else to do. I tried to be a businessman and it didn't work, because I'm not that interested in money. I went to one of those vocational guidance places where you pay for them to tell you what you should be, and they decided I should be a weatherman. ♦

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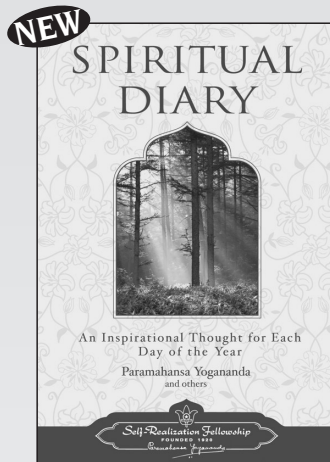
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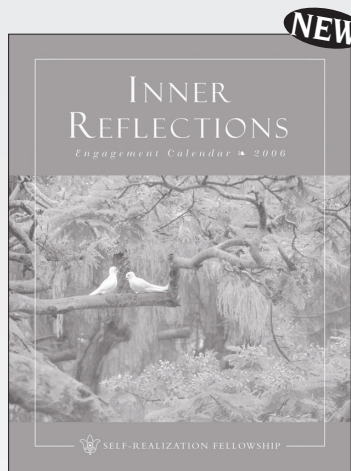
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Origin of fear

THE POWER OF NOW

by Eckhart Tolle

How does fear arise, and why is there so much of it in people's lives? Isn't a certain amount of fear just healthy self-protection? If I didn't have a fear of fire, I might put my hand in it and get burned.

The reason that you don't put your hand in the fire is not because of fear; it's because you know you'll get burned. You don't need fear to avoid unnecessary danger – just a minimum of intelligence and common sense. For such practical matters, it is useful to apply the lessons learned in the past. Now, if someone threatened you with fire or physical violence, you might experience something like fear. This is an instinctive shrinking back from danger, but not the psychological condition of fear we are talking about here.

The psychological condition of fear is divorced from any concrete, true immediate danger. It comes in many forms: unease, worry, anxiety, nervousness, tension, dread, phobia, and so on. This kind of psychological fear always relates to something that might happen, not to something that is happening now. You are in the here and now, while your mind is in the future. This creates an anxiety gap. If you are identified with your mind, and have lost touch with the power and simplicity of the Now, that anxiety gap will be your constant companion. You can always cope with the present moment, but you cannot cope with something that is only a mind projection – you cannot cope with

the future.

Moreover, as long as you are identified with your mind, the ego runs your life. Because of its phantom nature, and despite elaborate defence mechanisms, the ego is very vulnerable and insecure, and sees itself as constantly under threat. This is the case even if the ego is outwardly very confident. Remember that an emotion is your body's reaction to your mind. What message does the body continuously receive from the ego, the false, mind-made self? "Danger!" "I am under threat."

And which emotion is generated by this continuous message? Fear, of course.

Fear seems to have many causes: fear of loss, fear of failure, fear of being hurt, and so on. Ultimately, all fear is the ego's fear of

death, of annihilation. To the ego, death is always just around the corner. In this mind-identified state, fear of death affects every aspect of your life. For example, even such a seemingly trivial and normal thing as the compulsive need to be right in an argument and make the other person wrong – defending the mental position with which you have identified – is due to the fear of death. If you identify with a mental position, and you are wrong, your mind-based sense of self is seriously threatened with annihilation. So, you as the ego cannot afford to be wrong. To be wrong is to die. Wars have been fought over this, and countless relationships have broken down.

You, as the ego, cannot afford to be wrong. To be wrong is to die. Wars have been fought over this, and countless relationships have broken down.

SPIRITUALITY

Once you have unidentified with your mind, whether you are right or wrong makes no difference at all to your sense of self, so the forcefully compulsive and deeply unconscious need to be right, which is a form of violence, disappears. You can state clearly and firmly how you feel, and what you think, without any aggressiveness or defensiveness. Your sense of self then derives from a deeper and truer place within yourself, not from the mind.

Watch out for any kind of defensiveness within yourself. By making this pattern conscious, by witnessing it, you unidentify with it. In the light of your consciousness, the unconscious pattern will quickly dissolve. This is the end of all arguments and power games, which are so corrosive to relationships. Power over others is weakness disguised as strength. True power is within, and it is available to you now.

People, who are identified with their minds, and, therefore, disconnected from their true power, will have fear as their constant companion. The number of people who have surpassed mind is as yet extremely small, so you can assume that virtually everyone you meet or know lives in a state of fear. Only the intensity varies, fluctuating between anxiety and dread at one end of the scale, and a vague unease and distant sense of threat at the other. Most people become conscious of it only when it takes on one of its more acute forms.

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UNIVERSE WITHIN

by Gwen Randall-Young

When we are very young, our focus is on the present moment. As we grow, it begins to shift. While we are still very much in the present moment, we begin to spend more time thinking about the future – our plans for Saturday night, or the courses we will take next year.

Somewhere around middle age, we begin to reflect more on the past – not so much the reminiscing that comes later still, but more of an evaluative reflection. “Where have I been?” and “Where am I going?” are typical questions we ask ourselves. It may also be evaluative in the sense that we question the choices and decisions that brought us to where we are today.

Some of the clients I work with lament not having done things differently. Perhaps they would not have rushed into marriage, or they might have completed more schooling. They may have tried harder to save a relationship, or walked away sooner. They may have taken more time for themselves, or learned to ask for what they really wanted.

We might also question the things that we had no control over: a difficult childhood, the death or illness of friends or loved ones, accidents, the inability to conceive a child, not having found a soul mate, friends moving away, or jobs coming to an end.

This can lead to myriad “what ifs” and “if onlys.” Somehow, there is the thought that our lives could have been different, or even should have been different. It is as if we are artists, looking at our unfinished painting, and thinking we could have painted something different.

I am not so sure about that. While it does seem that we have choices, we cannot be definitively certain about what exactly causes us to make each choice the way that we do. Our entire history – and the whole

of our body, mind, and soul – as well as our dreams and visions all play a part.

We must also realize that we are not in this alone. Our lives are not one-man/one-woman shows. Rather, our lives are intricately intertwined with those of others. We play roles in other peoples’ lives, as they play roles in ours. In turn, their lives are intricately connected with those of many others as well. It is a complex web of interconnections dating back to the beginning of time, and perhaps even further back to previous lives, and forward to all those yet to be born, whose lives will have some connection with ours.

Considered in this way, our lives are but one strand in the human tapestry. In relation to the entire design, they may be exactly as they are meant to be. Both

Our lives are but one strand in the human tapestry.

our personal designs and the overall, grand design may be playing themselves out for us to see, just as a novel does, with its many layers of meaning underscoring its primary, literal meaning.

What actually happens in our lives may be less important than what we learn from the experiences, and how we use those experiences to deepen our own sense of meaning and understanding. More important than the individual events is how we use the meaning derived from them to inform and direct the rest of our lives.

Clearly, we do not have control over many of the external events in life, but we do have control over our inner “atmosphere.” When we put our lives in the broader context as described above, we can detach somewhat from the details of the drama, and focus instead on the intricacy, complexity, and wonder of the totality of the production.

Gwen Randall-Young is an author and psychotherapist in private practice. Additional articles and information about her books and transformational CDs can be found at www.gwen.ca



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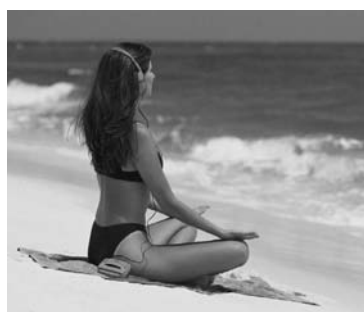
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HEALTH



Egg-free vitality

NUTRISPEAK

by Vesanto Melina MS, RD

People eliminate egg from their diets for numerous reasons, including its prominence as one of the top eight allergens, health concerns about fat and cholesterol, and animal rights issues.

Egg contains several proteins that cause a reaction in many people; most are in the white. Even when the whites and yolks are separated, cross-contamination can occur. Eggs from various species contain similar proteins, so anyone allergic to chicken eggs must generally avoid eating eggs from ducks, turkeys, and other birds as well.

Eggs have long been one of our protein-rich mainstays, and a featured item on weekend, breakfast menus. How do we get through the day without eggs – scrambled for breakfast, in a quiche at lunch, or custard for dessert? As ingredients, eggs perform numerous functions: 1) they provide moistness. 2) beaten eggs give baked goods their light, fluffy quality, by holding air in little bubbles. 3) egg proteins act as a binder in cakes, cookies, and burgers.

Effective and nutritious alternatives do exist, however. For moistness, we can replace eggs with a similar amount of juice, non-dairy milk, water, applesauce, or mashed banana. As a binder in baking, a tiny amount of non-allergenic xanthum gum, or guar gum, can be sifted in with the flour. Both are available at health food stores. For leavening, baking powder or soda are very effective. (Soda requires the presence of something acidic like vinegar or lemon juice to generate the bubble-making action.) Furthermore, when we simply omit an egg or two from our favourite muffin recipe, our product is likely to turn out equally as good.

For a hearty and warming breakfast, we can combine sautéed mushrooms with green onion, minced garlic, and medium or firm mashed tofu. A little turmeric or nutritional yeast provides a golden colour. As a tasty sandwich filling, mashed tofu can be combined with tamari or Bragg's seasoning, soy mayonnaise, and parsley, celery, or other chopped veggies. (See recipes for these and other spreads and hearty entrees in *Becoming Vegetarian* (Wiley Canada) and *Raising Vegetarian Children* (McGraw Hill). You'll find creamy puddings, and some truly divine macaroons in the recipe section of the recent *Food Allergy Survival Guide*, along with a wealth of information on managing very well without eggs and other top allergens.)

While it's easy to avoid obvious egg dishes and drinks at restaurants – omelettes or eggnog – small amounts of egg are present in many manufactured foods, and people with allergies must be alert and ask. In Japanese restaurants, batter-coated

vegetable tempura often contains egg, and in Chinese restaurants, egg is found in egg noodles and fortune cookies. Eggs are a staple ingredient in most baked goods, and bagels, pretzels, and pie crusts all owe their shiny appearance to egg whites. Eggs are present in sauce mixes, soups, sausages, meat loaves, marshmallows, marzipan, icings, fancy ice creams, and fresh pasta. More surprisingly, wines, soft drinks, and consommés are often clarified with egg whites.

On food labels, the following terms indicate the presence of egg protein: albumin, avidin, lipovitelin, livetin, ovomucin, ovo, and vitellin. In some cases, the ingredient itself is not listed. Instead, we are advised of egg's functions, such as binder, emulsifier, or coagulant.

Egg contains protein, several B vitamins, and iron, yet eliminating egg from our diet poses no risk of deficiency. We can meet our requirements for protein, iron, and B vitamins with legumes, whole grains, and a variety of other plant foods. Fortified soy or rice milks, veggie "meats," and supplements are all good sources of vitamin B12.

Vesanto Melina is a BC-based registered dietitian and author of a number of best-selling books about food and nutrition. For personal consultations, call 604-888-8325 (Fort Integrated Health Clinic) or 604-882-6782 (home office, near Fort Langley). www.nutrispeak.com

For issues related to factory farming, see the University of Toronto's Coalition of Animal Rights and the Environment (CARE) website: <http://utcare.sa.utoronto.ca/meat1.htm>

For facts about free-range poultry, see www.cok.net/lit/freerange.php

Flaxseed replacement for one egg

1 tablespoon (15 ml) ground flaxseed
3 tablespoons (45 ml) water
Combine ground flaxseed and water in a small bowl. It will thicken after a minute. Alternatively, you can simply add both water and flaxseed to wet ingredients.

Substitute ground flaxseed for one or two eggs in your favourite pancake, waffle, or muffin recipes. As a bonus, this boosts your intake of omega-3 fatty acids without raising your cholesterol intake. Don't try making a soufflé with ground flaxseed though.

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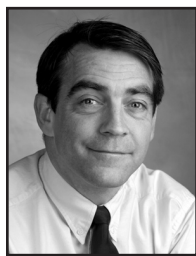
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DRUG BUST by Alan Cassels

Unlike the widely publicized, recent struggle between BC's teachers and the provincial government, numbers of battles have been fought largely out of sight in BC for years. One I am keenly aware of pits patient-advocates against the government, with both sides arguing over treatments for Alzheimer's disease. It is a vitally important battle that forces us to profoundly question how we, as a society, evaluate and subsidize key drug treatments for our aging population.

On one side are the patients and their caregivers who desperately need the support of public health dollars as they struggle to cope with the mental degeneration associated with Alzheimer's that besets much of the aging population. The patient-advocates demand an increase in public coverage to ensure better caregiver support, and they want BC PharmaCare to cover the associated pharmaceutical treatments. (Health Insurance BC is the new name for the administrative operations of the Medical Services Plan and PharmaCare, including Fair PharmaCare.)

The drama arises from the fact that the BC government doesn't cover the three main drugs used to treat Alzheimer's: Aricept (donepezil), Exelon (rivastigmine), and Reminyl (galantamine). Known as cholinesterase inhibitors, these drugs inhibit an enzyme that breaks down the brain transmitter acetylcholine, a deficiency of which is believed to play a role in Alzheimer's disease.

From the government's perspective, only drugs of proven efficacy should be covered, and BC PharmaCare must act in a way that represents good stewardship of public dollars. That the drugs are not covered under PharmaCare is indicative of the belief that pharmaceutical treatments for Alzheimer's are largely a waste of money.

It's a harsh reality, because people hope for treatments that will reduce the devastation caused by Alzheimer's, arguably one of the more difficult diseases that our aging society deals with. Yet, in this battle, I would say that the weight of evidence lies on the side of the government. The problem is that the three drugs used to treat Alzheimer's disease show benefits that are small – some would even say non-existent. And for many patients, the side effects are serious.

In fact, a recent study published in the medical journal *Lancet* showed that Aricept, the world's top-selling Alzheimer's drug, had little effect on extending the time that people with the disease could live independently in their homes – a benefit which is considered of primary importance to both the drug manufacturer and patient-advocates.

Much controversy has swirled around

the subject of treatments for Alzheimer's, especially since Aricept arrived on the Canadian market in 1997. One of the most controversial issues is the slippery way the drug's effects are measured. Early research indicated very modest benefits; to be precise, the drug caused an average improvement of three points on a 70-point cognitive test called ADAS-Cog (Alzheimer disease assessment scale). Scores ranged from zero (no impairment) to 70, corresponding to severe impairment. One would be hard pressed to say that an average of three points actually represents any meaningful change in a person's functioning capacity, yet lobbying for coverage has been intense.

When Aricept emerged on the market, newspaper headlines across Canada announced "breakthrough" benefits from

The three drugs used to treat Alzheimer's disease show benefits that are small – some would even say non-existent. And for many patients, the side effects are serious.

the drug. The public relations machine and its patient-group surrogates worked hard to convince provincial governments across Canada to cover Aricept. They largely succeeded in allowing the hype to obscure the science; other than BC and Newfoundland, every province in Canada has caved in to the pharma-funded lobbying.

In not covering the drug, BC PharmaCare is saving money – money that could perhaps be put to better use. According to the Alzheimer Society of BC, 41,000 people in BC suffer with Alzheimer's disease. The pills cost about \$5 per day. If BC covered the drugs for every individual diagnosed with Alzheimer's, it would cost about \$75 million annually. That's a lot of citizens' tax dollars that could be used for other purposes, including providing better caregiver support for Alzheimer's sufferers.

But wait a minute. What about the patients who do derive some benefit from taking a drug? Any reasonable person would say that in certain patient-specific situations, the drug should be covered. Luckily, there are innovative ways for the provincial drug plans to sponsor individual patient trials and provide subsidized access to the drug during a trial period to see if it works. These "N of 1" trials could rigorously establish whether a particular drug is of any benefit to a particular patient, and if so, that individual's drug regime would be subsidized. If the drug were not effective for that patient, cover-

age would cease. We'd all win, right?

Of course, for an "N of 1" trial to happen, it would require the cooperation of the Alzheimer's Society, the drugs' manufacturers, and other groups, who, as far as I can tell, see further research as pointless; they are fully convinced that the government must cover the drugs. The Alzheimer Society of BC's website even provides pre-written postcards for patient-advocates to fill out and forward to their MLAs.

But, let's be clear, and here I'm speaking to MLAs who might be the recipients of these postcards; it's not just big, bad BC PharmaCare putting the kibosh on paying for Alzheimer's drugs. In its publication *Worst Pills Best Pills*, the consumer group US Public Citizen has gone even further and proverbially stamped the three Alzheimer's drugs with a "Do not use!" tag. And they don't make this kind of pronouncement lightly.

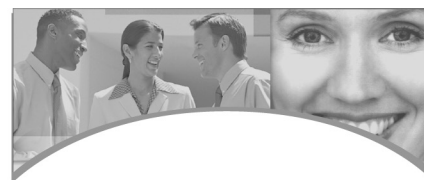
Last month, the consumer group's newsletter reported on the highest quality research produced to date on the effects of these drugs – a systematic review of all published "gold standard" clinical trials of the three Alzheimer's drugs. It called the scientific basis for recommending the use of these drugs "questionable." The review, published in the *British Medical Journal*, also found that donepezil, rivastigmine, and galantamine "caused a broad spectrum of adverse events: nausea, vomiting, diarrhea, and weight loss were the most common." *Worst Pills* concluded: "At this time, there are no safe and effective treatments that substantially alter the progression of Alzheimer's disease."

However, there is a ray of hope on the prevention front. The journal *Lancet Neurology* recently reported the results of a study that found middle-aged people who exercise much less likely to develop dementia or Alzheimer's disease later in life. It appears that exercise may improve blood flow in the brain and help protect against conditions like high blood pressure that make dementia more likely.

There is a solution to the \$75-million dilemma: let's hold the line on useless treatments and use those savings to make better exercise programs available to a wider array of people.

Note: Good-quality information about drugs is worth paying for. www.worstpills.org is a great resource for factual and objective information. You can subscribe to [worstpills.org](http://www.worstpills.org)'s newsletter for \$15 US annually. Why do you need to pay? Unlike most drug information available on the web, [worstpills.org](http://www.worstpills.org) is not subsidized by the pharmaceutical industry.

Alan Cassels is the co-author of *Selling Sickness: How the World's Largest Pharmaceutical Companies Are Turning Us All Into Patients*, Greystone Books.



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Penguins march to success

CULTURE

FILMS WORTH WATCHING

by Robert Alstead

What is it about *March of the Penguins*? The film, which opened quietly in late June in the States on just four screens, has become the second most successful documentary of all time, after *Fahrenheit 9/11*. The emperors have waddled their way to a staggering \$100 million in ticket sales worldwide, and they're still marching in cinemas. Industry insiders have been gobsmacked. "A movie about birds... and they don't even fly!" was one comment I overheard at VIFF last month. But the life cycle of those birds in the Antarctic's frozen wastelands has all the ingredients of a great drama: survival, tragedy, comedy, new life, rites of passage, and death. The narrative, which Morgan Freeman apparently recorded in one day, may over-project human traits onto the penguins, but only the hardest of hearts would not soften at the tender moments of courtship, or when witnessing the epic struggle that mother and father emperors must face in bringing their downy chicks into the world.

There's no doubt that the film's success is also attributable to its upbeat tone and happy ending. The filmmakers stick to the simple story of penguins surviving in nature. Yet, while there's no mention of man's impact on the penguins' icy home,

the film leaves no doubt about the fragility of their existence. Do a little research after the film, and you'll find that penguin populations have declined in the past due to climate change, and that emperor penguins have lost as much as half their population as their habitat warms up. Would the film have done so well if it had tackled the subject of climate change as well? It's unlikely, and that's a shame. Generations of us would never have been so intimately aware of the emperors of Antarctica, or care about the survival of their species. The *March of the Penguins* DVD will be released on November 29. Included in the extras is a documentary about how director Luc Jacquet made the film.

With the municipal election on November 19, Work Less Party's mayoral candidate Ben West is reaching out to potential supporters with an activist-style documentary entitled *Alarm Clocks Kill Dreams*. Partly incorporating West's campaign diary during the recent provincial election, the film also outlines the party's campaign for a shorter work-week. (The party's slogan is "Work less, consume less, live more.") The early edit I saw was rough around the edges, but what it lacks in finesse, it makes up with fun and humour. (*Alarm Clocks* plays



The call of nature: *March of the Penguins* success stuns film industry insiders

November 10, 7 pm, VanEast Cinema.)

We're now getting into the winter blockbuster season. With the anticipated release of *Harry Potter and the Goblet of Fire* on November 18, Pottermania is taking hold. For more thought-provoking fare, check out George Clooney's *Good Night and Good Luck*. This is his second film as director. Shot in spare black and white, the film recreates the dramatic battle between CBS newsman Edward R. Murrow (portrayed by the brilliant David Strathairn) and the late senator Joseph McCarthy (playing himself in vintage news clips). A great cast, including George Clooney, Jeff Daniels, Robert Downey Jr., Patricia Clarkson, and Ray Wise, captures a golden moment in US broadcasting history. Instead of folding to pressure, the pugnacious journalist's televised standoff precipitated the end of McCarthy's notorious, communist witch-hunt. Although the film is set in the nicotine-stained '50s, comparisons with today's toothless media, particularly south of the border, are all too

obvious.

Super Size Me showed that there is a healthy appetite for documentaries about food. *The Future of Food* (opens 18th, 5th Avenue), made by Deborah Koons Garcia, serves up some unpalatable facts about unlabelled, GM food to rave reviews south of the border. The doc features Canadian food hero Percy Schmeiser and his old friend Monsanto, the world's largest producer of GMOs. If you think all's well on the farm, then you should get down to the cinema or www.futureoffood.com. 2005 expected gross sales for Monsanto: \$7 B.

Robert Greenwald follows up his searing critique of Fox News Channel *Outfoxed* with a new documentary looking at Walmart's practices in *Wal-Mart: The High Cost of Low Price* (www.walmartmovie.com). Two screenings are scheduled as part of a COPE fundraiser (Nov 13, Vancouver International Film Centre).

Robert Alstead also writes movie reviews for www.iofilm.ca

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Meredith Monk

MAGICIAN OF THE VOICE

by Bob Turner

One of North America's coolest composers, singers, and creators of new opera, musical theatre works, films and installations, Meredith Monk is a pioneer in "extended vocal technique" and "interdisciplinary performance." Her work thrives at the intersection of music and movement, image and object, light and sound to discover and weave together new modes of perception.

Common Ground: You were obviously exposed to and influenced by the concept of multimedia in the '60s.

MM: I was one of the early people to work in that form, although when I came to New York there was a lot of thinking about how to stretch the forms and go across the boundaries. A lot of artists from different mediums were working together. Visual artists were doing dances and musicians were doing plays, so it was in the air. When I was still in school, I was making pieces like that, which I think was a personal necessity.

I've always believed since my early days that this thing of categories is a European tradition. If you think about other cultures or other times, like Indonesia, the more things one body does, the more honoured they actually are. In Europe, at a certain time, everybody became very specialized. Working with different perceptions is a great antidote to the fragmented world we live in.

CG: Your films had island titles.

MM: *Ellis Island* was a film I shot right before the island was refurbished. It was in ruin. It was the early '80s, and I was very lucky to be able to shoot there before it got cleaned up. The film has a very ghost-like quality.

CG: Were these social-political films?

MM: It had that layer in there. It's all images. It's almost a silent film. It has a little bit of written text, but it's not a documentary. It's between a documentary and a poetic film. There's plenty of music, all the way through. But some of the images are harsh and you see this idea of making people the objects. No matter the dream, the reality of entering through such an ordeal as that was not a very happy experience. But in a way, the film is about my amazement of people who had that strength and vision of their dream and were willing to go through that. My grandparents were like that as well, as most of ours are one way or another.

CG: Most of North America came from some version of that.

MM: Some of the stories about Ellis Island are really, really shocking, like

children sent back without their parents because of quarantine or people trying to swim across to New Jersey. It was desperate in some ways.

CG: What would you listen to on a deserted island?

MM: One of them would be Caetano Veloso, a Brazilian singer who's my absolute favourite. I love Brazilian music. Three might be too little. I think maybe Mildred Bailey, the great jazz singer from the '30s and '40s. Maybe something by Bartok, the *Microcosmos*.

CG: How can we find our own voices?

MM: It's hard to find your own voice



Image: Stephanie Berger

because anything and everything is available. I think the idea of originality is very important even if it might be an old concept, but finding your own voice, in the largest sense of the word, is how we get to something new.

At the same time, all this information is coming in so fast. How do you integrate and get through all of that and find your own way? The artist's job is an example of someone following their own vision and finding their own way.

CG: What do you have to say to younger artists coming up? You must have hit obstacles along the way.

MM: I'm still hitting them. In some ways it's interesting because you're working out of love and the obstacles help you build an internal strength. You get endurance. You find out what your real values are and what you believe in as an artist. Follow your dream. It's a crazy thing to say and has been said many times, but I think in the world we're living in now it's even harder than you would think. You have to think carefully how you want to spend your time on Earth and then keep at it. Don't get discouraged.

One day in the mid-'60s, I had a revela-

tion that the voice could be like an instrument, that it didn't have to have words. It is a language and within it is gender and landscape and character and different ways of producing sound. There are limitless possibilities in the voice.

CG: There's an expression in my mind of "going deep," which you do. I think it transcends the word "problems." Words are categories. They can be glib and light and dance on the surface, but with a note, or a vibrating string on an instrument, or a violin or voice, you can go deep, or not.

MM: The overall vocabulary of the voice doesn't lie. It's very honest. When you hear someone sing, you can tell within one note or two whether it's an authentic sound or not. You hear right away if it comes from a deep place, because it comes right from the centre of the body. It is energy channelled from the centre. It's a direct source to feeling.

I think direct experience is sometimes terrifying for people. Words become a kind of protection from experiencing something. Sometimes it's not so comfortable to let that go, but there is a big, wide pallet of experience, feeling and energy, for which we don't have words, that is conveyed directly to an audience in an open-hearted way. It allows them to also be in contact with that energy that they have.

CG: What is your purpose for getting people in touch with that?

MM: I believe art has the power of healing and it is an offering. In this world we're living in, if you can offer people an experience where they can get in touch with the kinds of energies and feelings that we don't have words for, it's in a sense making everybody more alive. There's a kind of magic that we sometimes lose touch with; the truth of the body and of perception in our lives, especially in the world we're living in now.

So, my purpose is to provide an experience where people can feel that quickening again and question what is making you numb out from that vitality. It's a way of creating and offering a figure eight of energy between these performers that are generous and vulnerable, and the audience.

I think that's the beauty of the live performance. You can't get the same thing in a record or film. The energy is going back and forth between the audience and performers like an infinity sign.

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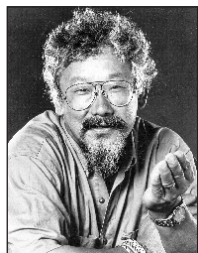
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National Sustainability Act long overdue

SCIENCE MATTERS by David Suzuki

ENVIRONMENT

As long as I can remember, being Canadian has always been an immense source of personal pride. We live in one of the greatest countries in the world, which is all the more reason why I'm so disturbed at where we are heading.

In October, my foundation released a comprehensive report on Canada's environmental performance, compared to other industrialized countries. It shocked me, although I suppose the writing has been on the wall for some time. Still, it was disturbing to see just how poorly Canada's environmental record stacks up against other wealthy countries.

We rank 28 out of 30 member countries in the Organization for Economic Cooperation and Development (OECD), based on 29 key environmental indicators – things like air and water pollution, heat-trapping greenhouse gas emissions, pesticide use, and more. Our performance is only marginally better than the two countries at the very bottom: the US and Belgium.

It's not as though we're just bad in one area. We're consistently awful: energy

consumption, 28th; greenhouse gas emissions, 26th; water consumption, 29th; sulfur oxides pollution, 27th; number of species at risk, 26th; nuclear waste, 30th, and the list goes on.

In fact, Canada did not place first in any of the 29 indicators. We are decent at a few things, like recycling, but our list of failures is long and depressing. What's more, our performance has not improved over the past decade.

This is not the Canada that I know and love. Over and over, polls tell us that Canadians value their natural heritage and want to protect it for the future. Yet here we are, one of the worst environmental offenders in the world, chipping away at that heritage and threatening the health and well-being of future generations. So how can we fix this mess?

It has become clear to me that Canada will continue to spin its wheels, and we will fall farther and farther behind other countries until we pass a National Sustainability Act, one that sets out the targets and timelines for our country to achieve sustainability.

Well, we can't really compare ourselves to all the countries in the OECD. Some, like Turkey, rank high on the environmental scale, but only because it is still devel-

oping and doesn't have a large industrial base. A more fitting comparison is to look at countries that manage to protect their environment and still have a strong economy. These countries, such as Switzerland, Denmark, Germany, Austria, and Sweden are clearly doing some-

thing right. And they show that protecting the environment and thriving economically can go hand in hand.

On many levels, Canada's governments have failed us. Not because there aren't well meaning, passionate individuals working within them to protect the environment. Certainly, such individuals do exist, from

city councillors all the way to environment minister Stéphane Dion. No, our governments are failing us because there are no overarching, common targets and timelines to achieve our goals. And without a road map, how will we ever know where we're going?

It has become clear to me that Canada will continue to spin its wheels, and we will fall farther and farther behind other countries until we pass a National Sustainability Act, one that sets out the targets and timelines for our country to achieve sustainability. It isn't good enough to just talk platitudes about protecting the environment. And it isn't good enough to lay responsibility in the hands of the environment ministry when so many of the important decisions that affect nature and our health are outside its jurisdiction.

I'm still proud of our big, beautiful country. But we are using her resources at an unsustainable rate. It's already affecting our quality of life and things will only get worse until we take decisive action, as other countries are already doing quite successfully. If we want our country to continue to be one of the greatest in the world, we must change. We need a National Sustainability Act and we need it now. *Take the Nature Challenge and learn more at www.davidsuzuki.org*

Kyoto: How does BC measure up?

From November 28 to December 9, Canada hosts its first meeting of the Parties to the Kyoto Protocol in Montreal. In All Over the Map: A Comparison of Provincial Climate Change, published by the David Suzuki Foundation, Canadians get the goods on how well Canada has done in meeting its objectives. BC's performance is outlined below.

British Columbia has been slow to address climate change in any meaningful way. The province's current government released its climate change plan in December 2004, a full two years after releasing a broader energy plan. That energy plan focused on increasing the province's reliance on fossil fuels, including boosting the production of oil and gas, and opening up the electricity system to more private and fossil fuel-based electricity, including coal-fired power.

BC's climate change plan is weak, most notably because it does not set emission reduction targets, considering them "neither feasible nor meaningful at this time." Emission reduction targets are set for agriculture and government operations, but these sectors are responsible for only six percent of the province's emissions. No targets were set for the oil and gas sectors, road transportation, or electricity. In fact, the climate change plan reiterates the energy plan's call to develop its "vast hydrocarbon reserves, including coal, oil, and natural gas. In road transportation, promises are made for "strategic road infrastructure upgrades" and "strategic

road improvements." These vague terms were clarified in 2004 when the government announced its intention to twin the Port Mann Bridge and Highway 1 leading into Vancouver, a project that will greatly increase road traffic and air pollution in the Lower Mainland.

In 1973, the province established the Agricultural Land Reserve. The legislation is intended to protect agricultural land from development and keep urban sprawl from paving over land used to grow food. Though the legislation remains, the last two provincial governments have weakened and undermined it, using loopholes to remove important agricultural areas from protection.

As for electricity, the plan encourages a voluntary goal of having 50 percent of new electricity supply to come from "clean" sources, but BC's definition of clean electricity includes natural gas and coal co-generation facilities and municipal solid waste incineration, all of which would be significant contributors to greenhouse gas (GHG) emissions.

The BC government has yet to sign an agreement with the federal government.

The one area where the BC government's energy plan could be lauded is with respect to energy efficiency. BC has suggested that it will update its Energy Efficiency Act to include more products and higher standards.

Recommendations:

- Develop a strong target for GHG emission reductions.
- Address GHGs from oil and gas production and transportation.
- Mandate that all new electricity come from low-impact renewables.

Strengths:

- Agricultural Land Reserve, which protects agricultural land from development and helps to contain urban sprawl.
- A promise to improve the energy efficiency of appliances.

Weaknesses:

- No emission reduction targets.
- A plan to expand Highway 1 into Vancouver, thereby increasing sprawl, road traffic, air pollution, and GHG emissions.

- A focus on expanding oil and gas production, including offshore, rather than addressing increasing emissions.

Missed opportunity:

- BC has access to a variety of renewable energy resources, including a world-renowned wind resource, but not a single wind power project.

Emissions:

BC's greenhouse gas emissions increased

23.6 percent between 1990 and 2003. BC's single greatest source of emissions is road transportation, mostly from personal vehicles. Those emissions have grown considerably due to a consumer shift from cars to SUVs and trucks. Emissions from light-duty trucks have doubled since 1990. This growth is only surpassed by the growth in emissions from the oil and gas sector.

Fugitive emissions – the inadvertent release of GHG from oil and gas production – are the greatest factor in this growth. Though BC's electricity and heat sector (and the province as a whole) has had historically low emissions due to a large hydroelectricity base, these emissions have increased substantially since 1990. This is because the province has increased the share of power it gets using fossil fuels – mostly natural gas – rather than developing renewable sources of energy.

There is also increasing evidence that hydroelectric power may not be as climate-change-friendly as previously thought. Research has found that significant GHGs could be emitted from large-scale hydro dams due to the flooding of land and the creation of methane when vegetation decomposes. In fact, the Intergovernmental Panel on Climate Change has begun considering whether these emissions should be included in various countries' GHG inventories. BC uses hydroelectric extensively. ♦



The biggest show on Earth

EARTHFUTURE.COM by Guy Dauncey

We are mammals. We are wired to react to immediate threats, not long-term changes. We respond to the suffering eyes of a lost puppy, and to homeless people and pets left to starve in a flooded city. But we feel mentally confused when we hear that global climate change will wipe out a million of Earth's species by 2050, if we don't change our ways.

We have to do something to up the ante. This year's hurricanes have global warming written all over them: the water is warmer because the atmosphere is warmer, feeding the hurricanes more energy. As I write this piece, huge wildfires blaze on the California-Mexico border, just north of Tijuana, and there is torrential flooding in Central America, in the aftermath of tropical storm Stan.

In a recent BBC news report, environmental correspondent Tim Hirsch warned that climate change could lead to the extinction of many animals, including migratory birds. Sea turtles, albatross, waterfowl, and swallows all face extinction. "The fear is that the changes currently underway are simply too rapid for species to evolve new strategies for survival."

Americans will rebuild New Orleans, the city that plays jazz below sea level. But sea levels are rising, as warmer water expands and glaciers melt. The US has committed \$62 billion to the relief effort, but it could cost \$200 billion to rebuild New Orleans and the other broken communities. When it comes to global climate change, however, the biggest show on Earth, Bush says, "We can't afford it."

Well, I have news for you, Mr. Bush. It will be far, far cheaper to invest in an

orderly transition out of fossil fuels than to stick the present course and suffer the consequences. CGNU, Britain's largest insurance group, has estimated that the cost of climate-related disasters will exceed the entire world's GDP by 2065.

Here in BC, we are losing our interior forest to the pine beetle, since our winters are no longer cold enough to kill the beetle's larvae. The salmon are threatened and so are the ski resorts. BC Hydro will lose the snow-pack it depends on to feed the reservoirs in summer and fall to give us

power. The cost of doing nothing will far exceed the cost of taking action.

From November 28 to December 9, the world's nations gather in Montreal for the eleventh session of the Parties to the Kyoto Protocol to discuss the single, most important issue on our planet: how to reduce our emission of greenhouse gases beyond Kyoto.

Arnold Schwarzenegger, bless his little Hummers, has declared that California will reduce its emissions by 80 percent by 2050. That's good, but it's not enough: if we are to stave off global disaster, we must reduce our emissions 100 percent by 2025.

And the incredible thing is that it will be easy. Here's what's needed:

(1) A steady, organized transition to super efficiency in our use of power.

(2) A green heat revolution in buildings that accelerates the use of solar hot water,

ground-source heat, sewer heat, and biomass cogeneration.

(3) A great renaissance in walking, cycling, car-sharing, and public transit.

(4) The use of electric vehicles for all our local travel needs, at one-tenth the cost of running a future gasoline-powered vehicle.

(5) A grand revolution at BC Hydro that ushers in huge expansion in the use of wind, tidal, solar, and other forms of sustainable power.

(6) The use of biodiesel and ethanol from forest and agricultural wastes for long-distance vehicle travel, linked to plug-in hybrid vehicle technologies (no need for much hydrogen).

(7) Maximum control over most methane emissions from landfills and other sources.

(8) The legally binding phase-out of other greenhouse gases

(HFCs, PFC, SF6).

(9) An acceptance that we're not going to be flying anywhere near as much as we do now.

(10) A pocketful of policies, designed to drive the whole thing forward.

Just add personal and political will, overcome the inevitable resistance, and the problem is solved.

On November 19, municipal elections take place across the province. When you get a chance, ask every candidate you meet: "What will you do to reduce our greenhouse emissions, and phase out the use of fossil fuels?"

Guy Dauncey is author of the award-winning book *Stormy Weather: 101 Solutions to Global Climate Change*. He is editor of *EcoNews*, and president of the *BC Sustainable Energy Association* (www.bcsea.org). He lives in Victoria.

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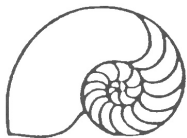
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THE ORGANIC WAY *by Marya Skrypiczajko*

Sometimes I wonder how many calories of energy are spent producing the food that I consume: the 97-calorie apple from the Okanagan Valley, the 381-calorie date square made from prairie oats and tropical dates, or the 292-calorie cheese sandwich with cheddar from a small, organic farm in rural Quebec. The calculations are too daunting for me to tackle, but given that food travels an average distance of 2,000 kilometres from farm to fork, stopping enroute at various production and distribution facilities, I can guess that the calories spent to produce and transport

this food outweigh the calories I eventually consume. The environmental impact of such journeys is huge.

This was not always the case. In the early 1900s, the majority of North Americans lived in rural areas. One-third of the total population were farmers, and almost everyone had their own garden and chicken coop. Those were the days when people knew their local milkman and butcher, when exotic foods were only eaten on special occasions, and when late summer was one continuous canning bee for housewives nationwide. Now that less than two percent of the population are farmers, and

only five percent are serious vegetable gardeners, people get their food from a few large farms that dominate the agricultural market. However, with the continuous rise of fuel prices, food that is not sourced locally will be more expensive, and people will be forced to rethink how, and where, they acquire what they eat.

A recent joint study, undertaken by the University of Essex and City University in Britain, shows that the current food consumption patterns of average British citizens have an annual environmental cost attached of 4 billion pounds to the British economy. Environmental costs considered included farms not using organic methods, transportation from farms to grocery stores, consumers travelling to grocery stores, and government subsidies for farmers. Together, these externalities undervalue the true cost of food by 12 percent. Study researchers believe that environmental costs would drop from 1.5 billion pounds annually to 400 mil-

lion if all UK farmers went organic, from 2.3 billion to 230 million if all foods were sourced within 20 kilometres, and from 1.3 billion to 100 million if shopping by car were replaced by walking, cycling, or bus travel.

Yet, even if we try to buy local and organic foods, we cannot avoid some environmental costs. In Canada, 85 to 90 percent of organic foods are imported, the growing season in most areas of the country is fairly short, and our climate does not support a wide enough array of agricultural crops to keep most Canadians satisfied. Aside from actual luxury items, we import all of our olive oil, coffee, and tea, as well as many fruits and vegetables.

This past spring, Vancouver couple Alisa Smith and J.B. MacKinnon decided to attempt what they term the 100 Mile Diet for one year. They planned to source 100 percent of their food from within 100 miles of their home. Their objective was to support the local economy, based on organics and sustainability, and cut greenhouse gas production by eliminating the need for global transportation. Curious observers have been able to follow their experience online at <http://thetyee.ca>

For these two near-vegans, the challenge began at breakfast when they discovered that very few grains are actually grown in the Lower Mainland, and almost all the fruits and vegetables sold in retail stores – especially during the long, non-growing season – come from too far away to fit their program. Someone suggested they go back to eating eggs, as chickens lay eggs everywhere, but they discovered that almost none of the local chickens ate local feed. They looked forward to the summer season of fresh fruit and making fruit preserves to save for next winter, but then realized the prohibitive cost of all the honey (sugar originating from the tropics, for example) they would have to buy.

Eventually, similar dilemmas pushed them to seek beyond their normal, grocery-shopping routine and into the fields to meet the local farmers. There they discovered that some grains are grown near Vancouver, that the UBC Farm raises chickens on local feed, and that if you look hard enough, an enormous range of vegetables and fruits are produced locally, with some grown year-round in greenhouses.

Unfortunately, the great gap that exists between the farmer and the average consumer fosters a serious disconnect between consumers and their food supply. Most people are completely unaware of who produces their food, what the fields and barns look like, or what methods the producers use. It follows that this level of disconnect leads to a lack of interest in agricultural philosophy, including the number of calories it takes to produce and deliver one's daily groceries.

Maybe we should all challenge ourselves to the 100 Mile Diet for just a couple of weeks. It would be way more fun than another trip to the gas station.

Marya Skrypiczajko is the author of BC the Organic Way – Where to Find Organic Food in British Columbia.

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Time to clean up, trim and mulch

ON THE GARDEN PATH

by Carolyn Herriot

Each month Carolyn writes about what she is doing in the garden, the orchard, the greenhouse, with seed saving and soil building, with the intention of helping gardeners of all levels realize they can have the most healthy, productive and beautiful garden without resorting to substances harmful to humans, animals, wildlife, plants, worms or the myriad of soil-dwelling organisms.

Most gardeners look forward to this time of year with relief. All the watering, weeding, planting, and gardening chores are complete, and it's time to think about indoor activities. But not so fast. Before you hit that cozy chair by the fire, a few essential tasks still require your attention.

Putting the garden to bed for the winter begins with the fall cleanup, which should start with sharpening (or changing) the blades, and cleaning and lubricating secateurs and loppers. After cleaning, sterilize pruning implements to avoid spreading disease from plant to plant. This is particularly important for roses and fruit trees, which are prone to a number of diseases that spread easily.

Cut back and tidy mixed borders now. Some herbaceous perennials, such as sedums, can be left for winter interest,

and some grasses, such as miscanthus are notable for their seedheads. Leave the berries on cotoneaster and other shrubs as winter feed for the birds.

Prune rose canes that may break from wind damage; remove one-third now if necessary, and remove another third in early spring. Remove foliage infected with powdery mildew and blackspot from roses. Adding mulch under roses is an extra protection against winter, and covers any spores on the soil. To prevent disease, remove dead or diseased branches on woody ornamentals. Rake beds to remove diseased leaves and plant material, such as scab on fruit, or rust on hollyhock leaves.

Fall cleanup will generate a lot of material, so be prepared by organizing your composting area. Empty bins with ready-to-use compost and use it to mulch the

garden. Screen some compost and use it to top dress planter boxes or oak half-barrels. If the compost bin is full, turn it to aerate and mix the contents, moistening while turning. By next spring you'll have a bin full of fabulous "black gold" to start off the gardening year.

Thoroughly collect and compost all spent plant matter, including annuals and vegetables. Tidy up conifers and evergreen hedges with a light, pre-winter trim, but remember to taper the cut in toward the top.

Lift any boards and remove debris and old plant pots. Clean areas where slugs and caterpillar cocoons may overwinter. Have a good clear-out in the greenhouse. Clean algae buildup off glass, using an environmentally friendly cleaner. Scrub shelving and benches, and hose off ledges, nooks, and crannies. Sweep or rake the greenhouse floor.

Adapted from A Year on the Garden Path, A 52-Week Organic Gardening Guide by Carolyn Herriot. \$29.95. Earthfuture Publications, Victoria, BC. Available at Banyen Books, Duthie Books, or at www.earthfuture.com/gardenpath

ORGANICS

Cleanup tips

- Mist pruning tools with rubbing alcohol before using them on another plant.
- Lubricate pruning equipment by wiping blades with an oily rag, and add a couple of drops between the blades.
- Before composting, chop tall stalks into smaller pieces for faster breakdown.
- Hedge clippings take a while to break down — put them in a plastic bag and solarize before adding to the compost; they will rot faster.
- Running the mower over leaves shreds them into smaller pieces, which speeds up breakdown.
- Do not compost diseased plant matter unless you can hot-compost. Bury diseased material in a hole dug in the garden; there are over 50,000 different species of microorganisms in the soil that will set to work destroying plant pathogens.
- Run a hose over the compost pile while it's being turned to facilitate speedier breakdown.
- To prevent valuable soil nutrients from leaching during winter rains, cover the compost pile with a tarp or unpainted wood.

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Remembering our purpose

PERSONAL GROWTH

by Duane O'Kane RCC

I was depressed. Very depressed. Fifteen years ago, it seemed that life itself was conspiring against what little life I had left. Everything that I had identified myself with was slipping away from me. Going, going, almost gone.

My alcoholic father had committed suicide a few years earlier. As his only son, the prospect that I may be doomed like my father was all too real. My hope of having a father to guide me in life disappeared.

My integrity as a family counsellor working for the BC Ministry of Social Services was being severely compromised, as I observed myself and my colleagues concocting new and better ways of doing half the work, while attempting to be paid twice as much. Our focus was on politics rather than people. My pride as a family therapist evaporated.

My real passion at the time was music. I had released records with some good numbers on play lists, but there was nowhere to go without a record company to back me up. My music career ended.

The straw, however, was the turmoil in my relationship. I had become a facsimile of a man in a long-term relationship. I was ashamed at how desperate I became for her acceptance and love. The relationship ended. My hope of having love in my life, not to mention my self-respect, ended with it.

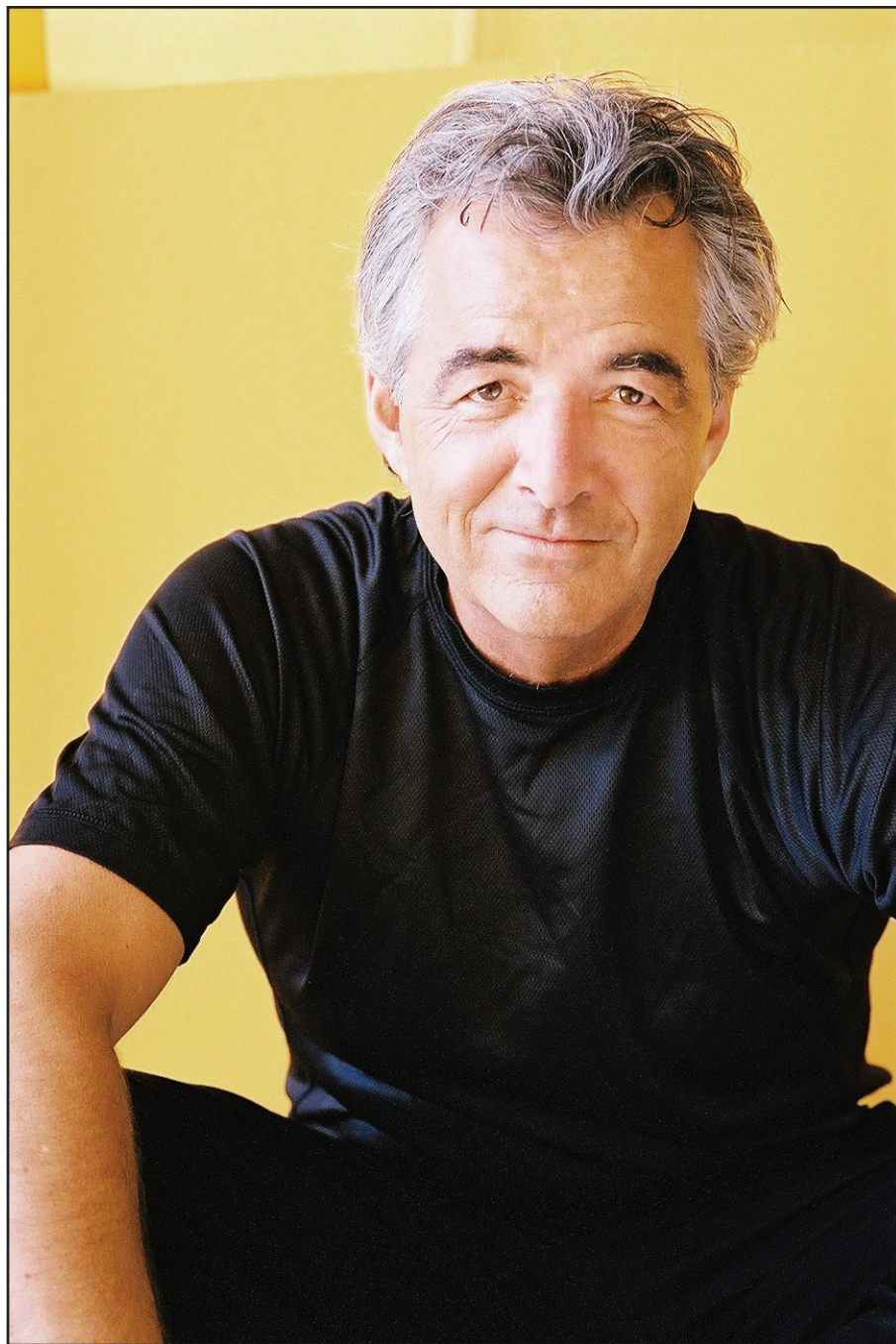
I feared that with the loss of my father, my profession, my music career, and my relationship, I was losing myself. I didn't realize that the only thing left after losing everything else was myself. What appeared to be the end of a book was really just the end of a chapter. Sadly, many of us close the book at the end of this chapter not realizing that there are some very important developments about to take place in the story.

When we default to what we consider our fate, we close the book, not realizing that our destinies are waiting to be revealed. We close the book thinking that we know the ending, when we really have no idea what is in store. We have no idea that our calling is to remember something that we have forgotten. We have no idea what is at stake when we want to avoid a little pain.

The question "Who are you Duane?" was all that remained. Everything else was out of the way. The conflict inside of me was so loud that it was difficult to sleep. In my case, I was tempted to believe that I was worthless. I contemplated that this may simply be my fate. This pain can be overwhelming.

We don't realize how important the struggle to answer this question is in giving birth to our soul that is hiding in the pages ahead. That internal wrestling match is critical to the evolution of our consciousness. Without the difficulty, there would be no birth.

We live in a culture that is allergic to understanding the purpose of the human dilemma. In fact, we approach the dilemma as something that we must rid



Duane O'Kane lectures and delivers seminars worldwide

ourselves of as quickly as possible.

Many aboriginal cultures build this rite of passage into the very fabric of their rituals and training to enter the matrix of our true identities. The young person is thrust into the unknown, in effect being given back to the universe to answer this very important question. "Who are you?" Very few of us realize the answer, because we are too busy trying to avoid difficulties, rather than learn from them. We are too busy trying to figure out how to be comfortable and identify with what we think we need, rather than with who we are. We are too busy avoiding the unknown at all

cost, buying into the promise of control, attachments, and strategy, instead.

All graduations are preceded by a crisis. Attempting to resolve the crisis through avoidance, denial, and addictions keeps us in a perpetual state of adolescence. This, perhaps, aptly describes the western world's level of consciousness.

Initially, opening the book again and turning the page is painful, because we are letting go of what we think we have to be, in order to find happiness. In my case, my father's death uncovered many questions about myself. Was it my fate, like my father's, to fall into despair and

give up? Professionally, was I simply part of a bureaucratic machine, content to measure my value by my paycheque and looking good? In my music career, did I require fame and fortune to feel good about myself? In my relationship, was my worthiness as a human determined by whether she loved me or not?

The aspect of myself that wanted to default to fate would want to have my father back, to get a better dental plan at work, to figure out how to produce another album, and, of course, to get her back. That would be my fate. I would be tempted to flip the pages back, rather than forward, trying to recover my lost self.

In my clinical depression, I was only concerned about how I was going to get it all back. I didn't know that there was something beyond all of my pain and identification with external sources of satisfaction. If anyone had told me (and they did) that this experience was good for me, I would have told them that they were crazy (which I did).

The person writing this article would have had nothing to write about had I not had an opportunity to keep my book open and stay in the mystery of what was yet to come. I decided to look beyond my attachments and trust that there had to be something else beyond the agony I experienced. Making the decision was not easy, but once I decided to take the first step forward, turning the next page became simple. This was a time for blind faith and a willingness to see the universe as a friendly place, regardless of how I interpreted the previous chapter. This was a long, overdue walk.

Keeping the book open kept me in the question, rather than in the certainty of what I thought the answer was. In my belief in fate, I was not asking any questions. I had only my definite belief that I was worthless and that my life was over without it having given me what I thought I needed. In my willingness to walk towards destiny and the openness of the question "Who are you?" the question leaves space for the universe to answer.

In our adeptness in sidestepping these final chapters, we also sidestep our calling in life, our purpose, our true passion, and our true identity. I turned the next page, and the next, and the next. Each step revealed who I truly was and what I was here for. Ironically, the suffering that results from betraying our soul's call far surpasses any trite pain we may experience walking into this unknown.

Duane O'Kane is a registered, clinical counsellor and the founder and director of Clearmind International, an organization with centres in Vancouver, Victoria, Toronto, London, Dublin, and Sweden. Duane and Catherine O'Kane co-facilitate The Awakening workshop and a registered counsellor training program. info@clearmind.com, 800-210-0372, www.clearmind.com

I feared that with the loss of my father, my profession, my music career, and my relationship, I was losing myself. I didn't realize that the only thing left after losing everything was myself.

Newsbites

MORE ON WWW.COMMONGROUND.CA

Krawczyk wins activism award

Betty Krawczyk is the recipient of the 2004 Eugene Rogers environmental award from the Western Canada Wilderness Committee. Grandma Betty, as she is affectionately called, received the award for her efforts to preserve and protect BC's public forestlands.

Over the past 10 years, Krawczyk has blocked logging roads across the province during her forest conservation efforts, peacefully standing her ground in defence of the trees. Through these efforts and her public outreach activities, she has helped to draw global attention to major forest issues in BC.

Krawczyk has stood firm in her opposition to the use of court orders and contempt of court to curtail protests. While she has never committed violence, she has served more time behind bars for her peaceful protests than any other Canadian wilderness preservation activist. Betty has stood her ground on behalf of nature in Clayoquot Sound, the Elaho Valley, and the Walbran Valley.

www.wildernesscommittee.org

Habitat Jam

As part of preparations for the third World Urban Forum, the government of Canada in partnership with UN Habitat is sponsoring a 72-hour internet event December 1-3. Habitat Jam will gather your input and add it to thousands of others to create actionable ideas for the Vancouver World Urban Forum agenda and influence the forum's content.

Imagine tens of thousands of people around the world connecting in real time over the internet to discuss and debate some of the most urgent and controversial issues that face a rapidly urbanizing planet. Imagine world-class thinkers leading the discussions. Imagine the results that could be achieved by this unprecedented global conversation and collaboration. The Habitat Jam is about adding your voice to the global conversation about the future of our cities. It's about having your say on important issues that affect you. It's about building new global networks of people who wouldn't have connected before. It's about working together across the globe to agree on solutions. Register at www.registerforthejam.com

Organic standards at risk

In October, the (US) Organic Trade Association submitted to the US Congress a letter signed by more than 200 companies, farmers, and trade associations supporting its request that Congress restore the national organic program at the United States Department of Agriculture. This request follows a court ruling that undermined more than 12 years of effort by organic growers, consumers and manufacturers to build a growing organic marketplace. The "USDA Organic" seal currently guarantees that the consumer is getting a product made from 95 per-

cent or more organic ingredients and processed with the least amount of non-organic ingredients and processing aids. Under the court ruling, unless the 1990 law is clarified, numerous products now bearing the "USDA Organic" seal could disappear from store shelves.

www.ota.com

Carr institute celebrates 80th

The Emily Carr Institute of Art and Design will hold a community open house the first weekend of November to celebrate its 80th anniversary. Free workshops, demonstrations, and displays will be offered with something to appeal to all ages. 10-4pm, Granville Island campus.

www.eciad.ca

Keep the pressure on Kimberly-Clark

Since last fall, the Earth Action Center has alerted people to the fact that Kimberly-Clark, one of the world's largest manufacturers of disposable tissue products, makes the vast majority of these products from virgin trees instead of from recycled paper.

Since then almost 55,000 messages have been sent to Kimberly-Clark urging the company to increase the amount of post-consumer recycled content in its tissue paper products to help reduce the burden the company places on areas such as Canada's boreal forest.

Instead of agreeing to increase the amount of post-consumer recycled content in its tissue paper products, Kimberly-Clark continues to buy from areas such as the Kenogami Forest in northern Ontario, a region critical to the survival of the woodland caribou and other species.

On November 3, environmental groups are holding an international Boreal Day of Action to remind Kimberly-Clark that as long as it continues to purchase virgin fibre instead of post-consumer recycled fibre for its tissue paper products, it continues to endanger the boreal forest. Send a message to Kimberly-Clark directly from www.nrdcaction.org/action/index.asp?step=2&item=53107 or email kimberly.clark.cs@kcc.com

Bird flu hoax

The conspiracy theorists are all aflutter as politicians tell us to expect millions of deaths from avian flu and that Tamiflu will save us.

Gilead Sciences developed Tamiflu while Donald Rumsfeld sat on the board of directors and became chairman in 1997. The drug was licensed to Roche in 1996. Now Gilead is in arbitration to cancel its licensing agreement with Roche to regain control of Tamiflu. Meanwhile it turns out that Tamiflu won't work.

On the recommendation of the World Health Organization, Canada was one of the first countries to stockpile the drug, buying 23 million doses to treat the sick

continued on page 34

INTRODUCING

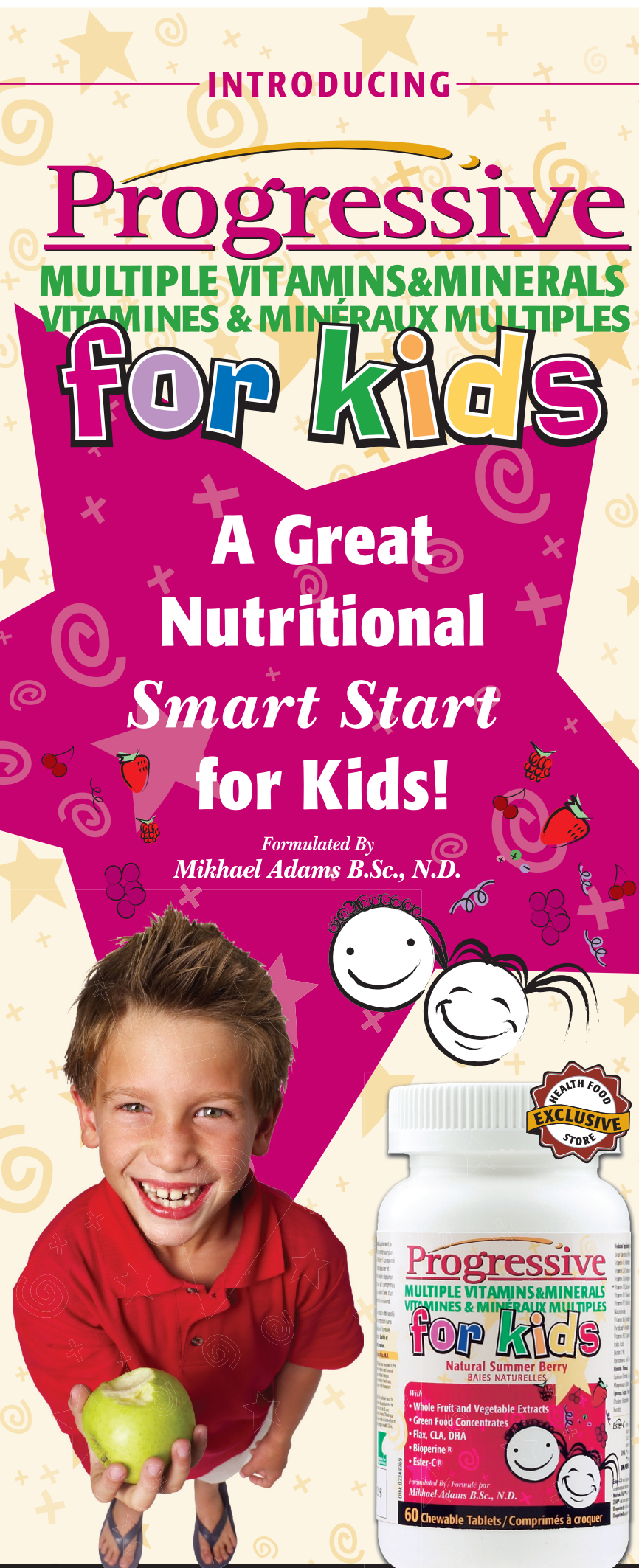
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Letters

Burns Bog fire raises issues

An open letter to Chief Gord Freeborn, Delta Fire Department

The board of directors and members of the Burns Bog Conservation Society wish to thank you and your staff for the efficient manner in which you conquered the fire in Burns Bog recently.

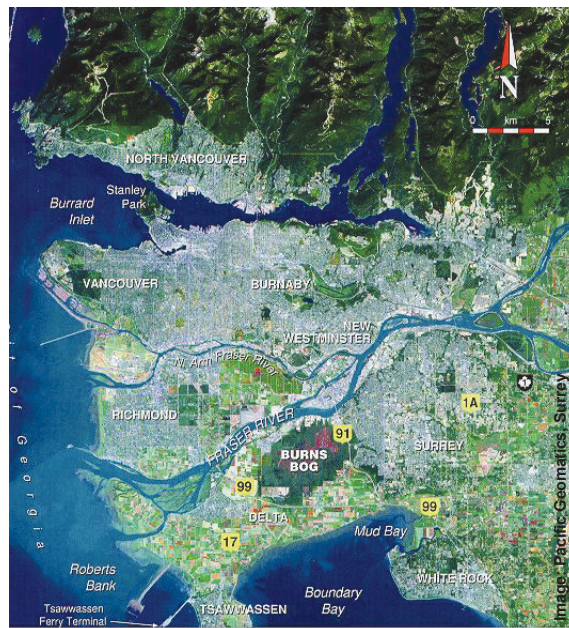
I am forwarding recommendations for the management of future fires in Burns Bog. These recommendations are based on information from our chair, Prof. David Bellamy, one of the world's foremost experts on peat lands. He has more than 40 years experience with areas like Burns Bog.

Our future recommendations include, if possible:

- The use of fresh water for fire quenching rather than salt water. The use of salt water reduces acidity in the bog and encourages the growth of non-bog vegetation.

- The use of fire retardant without fertilizer. Again, the use of fertilizer encourages the regrowth of non-bog plant species and trees. This defeats the benefit of a fire in the bog, which is the removal of trees and non-bog species.

We want to keep trees in our forests and out of our bog. As you pointed out in one of your news conferences, fighting a fire in Burns Bog is different than fighting a fire in a forest. Reducing the tree canopy



Burns Bog in Delta

will encourage bog plants to grow and "... slow evapotranspiration and improve the water table balance. Annual removal around the burned areas would have the best results but is painstaking work." (email, September 13, 2005)

The encouragement of non-bog plants through the use of fertilizer results in the loss of bog plants, such as sphagnum mosses, carnivorous sundews, and cloudberries. The non-bog plants either overshadow the bog plants or crowd them out. As we are trying to conserve the native plants, I would encourage you to use fresh water and fire retardant without fertilizer.

Dr. Bellamy re-emphasized the need to keep up the water table in the bog to encourage bog plants and reduce the risk of future fires.

Thank you again, and thanks to all the firefighters who worked so hard to put the fire out.

Eliza Olson, president, Burns Bog Conservation Society

Arbutus RAV would save \$1 billion

For two or more years, I am certain that I have not once heard what could be described as a logical reason to build the RAV on Cambie Street, instead of along the Arbutus corridor.

The Cambie RAV route will cost us at least \$1 billion more than the Arbutus line, which in itself, makes the Cambie RAV line an unacceptable proposition.

One myth is that the rich people in the Arbutus area won't allow the Arbutus corridor to be used for the RAV. This is pure nonsense. People with money are people who don't waste their money and wasting a billion dollars or more for no good reason definitely isn't credible. It doesn't matter how well-off one may be, or how much of a NIMBY, \$1 billion is just too much to waste.

Another myth is that the federal government won't help fund the RAV if it is built on Arbutus. Yet if we build the RAV on Arbutus, we won't need one cent of federal government funding. The above ground RAV on Arbutus will cost less than half of what it will require to build a subway halfway along Cambie, and both the municipal and provincial governments could fund it.

But let's not let the feds off too easy. Let's make a deal. Build the RAV on Arbutus and use the \$1 billion saved for 10 different areas that desperately need more cash at a cool \$100 million each. A hundred million could go to our hospitals to reduce waiting lists. A hundred million could go to our teachers and schools. Another \$100 million to buy much needed buses and to reduce bus fares, or at least make it unnecessary to increase bus fares. Another hundred million to improve the housing situation in our city and another \$100 million should go to all the people who lost everything, or almost everything, investing their life savings in new homes that were of substandard construction, through no fault of their own – the leaky condos. And we still have another \$500 million to spend. Perhaps reduce the property tax of everyone living next to the RAV line on Arbutus and don't increase the property and business taxes of every home and business in the Lower Mainland.

The new RAV line should be built on the Arbutus corridor or not at all. For this reason (to save ourselves \$1 to \$2 billion), I propose that we begin the preliminary planning for an Arbutus RAV line to Richmond and the airport. At the same time, let's organize public information

booths, meetings, forums, and, in general, establish a movement to build the RAV on the most logical and cost effective route – the existing Arbutus corridor.

We should ask all the mayoral candidates and councillors exactly what their position is on the Cambie RAV. This is the question: Are you willing to waste \$1 to \$2 billion of taxpayers money on the Cambie Street RAV, or will you cancel the Cambie Street RAV and build it on the Arbutus corridor and save us a billion dollars?

Scott Adams, The Arbutus RAV Voice Mailbox, 604-682-3269, extension 7058. Adams invites the public to an RAV forum at the SPEC office, 2150 Maple Street in Vancouver, November 5, 8 pm.



The Arbutus corridor looking north

US caught with car bomb in Iraq

It's happened again – coalition troops being caught with bombs. This time, it is the Americans captured in the act of setting off a car bomb in Baghdad, October 14. Last time, as FMNN reported only weeks ago, two British soldiers, apparently working for British intelligence, were caught near Baghdad similarly equipped.

According to the *Mirror-World*, "A number of Iraqis apprehended two Americans disguised in Arab dress as they tried to blow up a booby-trapped car in the middle of a residential area in western Baghdad on Tuesday... Residents of western Baghdad's al-Ghazaliyah district [said] the people had apprehended the Americans as they left their Caprice car near a residential neighborhood in al-Ghazaliyah on Tuesday afternoon. Local people found they looked suspicious, so they detained the men before they could get away. That was when they discovered that they were Americans and called the ... police." Just as in the British incident, the Iraqi police arrived at approximately the same time as coalition forces and the two men were removed from Iraqi custody and whisked away before any questioning could take place.

The incidents are said to be fuelling both puzzlement and animosity among Iraqis. Yet the motivation behind such activities remains formally unknown since in both cases the soldiers involved have been removed with an efficiency that has quashed any attempts at an interrogation.

Staff reports – Free-Market News Network, Friday, October 14, 2005 www.freemarketnews.com/WorldNews.asp?nid=1326

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STV: the politics of inclusion

by Nick Loenen

POLITICS

In November of 2008, British Columbians will once again cast a vote for or against greater democracy. The promised, second referendum on voting system reform offers a rare opportunity to revitalize BC's governing institutions.

In September's speech from the throne, Premier Gordon Campbell's Liberal government committed to do it right next time. In particular, an intensive public education program and funding for advocacy groups will be available on both the yes and no sides. Additionally, a STV map will indicate the precise location of the riding boundaries and the number of seats for each locality.

Can the yes side win this second round? Yes, but education is the key. Last spring, polls consistently showed that the more people knew about BC-STV, the more they approved. Members of The Citizens Assembly on Electoral Reform invested heavily in education and only then gave STV overwhelming support. Similarly, people in BC will support STV when they are aware of its advantages. We have three years to talk to each other. Let's use that time productively.

BC-STV is uniquely suited to meet the needs of our province at this time in its development for two reasons. First, BC is becoming increasingly diverse in terms of economics, ethnicity, culture, and politics. Second, there is a global imperative to be less adversarial and more cooperative. Our political institutions can either help or hinder the province in realizing its potential. STV promotes the politics of inclusion and consensus. Just what is needed for these times. In contrast, first-past-the-post (FPTP) is past its best-before date.

But that is the big picture. The next referendum will be decided by people's perceptions about how STV affects them personally in their own immediate, local context. The contest won't be easy. Last spring, defenders of the status quo thought the yes side didn't have a hope. This time, the opposition will be alert, well funded, and more cohesive.

Hence, we must listen to people's fears and concerns and address them directly. I want to mention just one. People fear a loss of local representation with STV, a fear particularly strong outside the Lower Mainland. If most of Vancouver Island or the entire Okanagan comprises one riding, how can citizens relate to their MLA, and how can MLAs serve such vast areas effectively? In addition, where a number of MLAs are responsible for the whole, is anyone responsible for any part?

In answering that question, it helps to note that nearly half of the Citizens Assembly represented ridings outside the Lower Mainland. They discussed and researched the question in depth. Effective local representation was one of the three basic values they looked for in a voting system.

It is a profound misunderstanding of STV to think that all MLAs within a rid-

ing represent all the residents in that riding. Yet, it is a common mistake. Even Justice Berger, in his study for the City of Vancouver, did not see that STV only creates a very close, direct link between each MLA and his/her voters. Under STV, voters have just one vote; while they can rank many times, they end up voting primarily for just one MLA.

Since nearly everyone's vote helps to elect someone, most voters can look at the legislature and see one person they helped to elect. That is their MLA.

In turn, MLAs are well advised to have a very accurate profile of their voters. It starts as early as the nomination meetings. Since candidates of the same party are in competition, each will want to identify

their own unique supporters. During the election, candidates do not market themselves to all voters, but only to one quota of voters. Why appeal to all voters when surplus votes are taken away from winning candidates?

The logic of STV dictates that in large, rural ridings, winning candidates will represent their own geographic areas. Unlike FPTP, which wastes the majority of votes, STV ensures that a majority of votes are required to elect someone. The few votes from

Atlin, Dease Lake, Lumby, or Logan Lake are needed and will put some candidate into the legislature. Is that candidate likely to forget those who got him/her there?

In the last referendum, opponents

charged endlessly that in ridings such as Kamloops, the urban sector would capture all the seats and rural folks would be forgotten. STV makes that impossible. The Assembly understood that, and STV had its strongest support among members from rural BC. That message needs to penetrate beyond the Assembly members to the popular mind.

The great 19th century British, political theorist John Stuart Mill was an early and ardent STV proponent. He called it "personal representation," since nearly all voters could look to the House of Commons and know that at least one MP spoke for them. Under STV, no persons or areas of the province will be left out. All will participate in the governing process. That is the essence of democracy.

Nick Loenen is sessional lecturer at UBC in BC politics, and has written extensively on voting system reform.

The contest won't be easy. Last spring, defenders of the status quo thought the yes side didn't have a hope. This time, the opposition will be alert, well funded, and more cohesive.

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Oriah Mountain Dreamer

WHAT SHE ACHES FOR

by Sonya Weir

Oriah Mountain Dreamer has authored six books, including The Invitation, The Dance, The Call, and Opening the Invitation. She has given countless talks, facilitated hundreds of workshops, raised two sons as a single mother, and overcome chronic fatigue syndrome. In her most recent book What We Ache For, she invites us to explore our relationship with creativity, drawing from the essence of who we are at a soul level.

Common Ground: I first heard you speak in Toronto in 1994 at a conference for women called *Birthing the New Ancestors*, hosted by Marion Woodman. You had already written *Confessions of a Spiritual Thrillseeker* about the years you spent studying an intertribal, shamanic spiritual path. Including your latest book *What We Ache For*, to what extent does Native spirituality inform your work today?

Oriah Mountain Dreamer: It is the basis of my own spiritual practice. I do a set of 22 prayers every day that I learned within that tradition, and I continue to spend time alone meditating and praying in the wilderness. It is really my primary spiritual path, and it dovetails with my writing. My writing has always been the way, first and foremost, that I stay connected to myself, so my daily practice includes those prayers and the writing. They often intertwine, so it is very much a part of my life, my personal life, even though I am not sharing those teachings at the moment.

CG: How long did you facilitate workshops and vision quests?

OMD: I actually facilitated my first workshop on opening awareness to the natural environment when I was 16. I taught workshops for 33 years, and I may go back to that, but at this point it just feels like I need to take a break from it and see what's next. Some of that, I think, is about

turning 50, and some of it is just trying to find the sustainable way for me to make an offering at this point in my life.

CG: What was most fulfilling about



facilitating people's journeys into self-growth and awareness?

OMD: There are two things. One is that it was the fastest way for me to learn. There's nothing like having to teach something to really be aware of where the holes in your knowledge are. The other is that

I have enormous faith in the ceremonial process. If we put ourselves in a place where we can show up completely, something larger will speak to us. What I loved, and continue to love, about Native and all Earth-based spirituality is that they do not separate spirit and matter. If you do a purification lodge [sweat lodge ceremony] or a vision quest, you don't go up out of your body and forget about your body that's being eaten by mosquitoes. It has a very grounded kind of impact, while at the same time opening to something larger and unseen.

CG: What is the origin of your name Oriah Mountain Dreamer?

OMD: The name Oriah was given to me in a dream by a group of old women I call the Grandmothers, who I had dreamed about for years and continue to dream about. They gave me the name when I was very ill with chronic fatigue syndrome, 23 years ago. They said that it was part of my healing to change my name to Oriah. They also directed me to go to a shaman for healing, which I did, and he gave me the medicine name Mountain Dreamer, which he said meant someone who liked to find and push the edge. I learned that pushing the edge isn't the same thing for everyone. For me, pushing the edge is about slowing down, not about speeding up.

CG: Chronic fatigue syndrome seems to be a condition that women are particularly susceptible to developing. Can you make any interpretation about the condition on a symbolic level?

OMD: I think it's literal. I think we're exhausted. I don't think it's symbolic at all. It's chronic fatigue, a chronic lack of rest, of receiving that which nourishes us, of moving at a pace that's truly sustainable. I think that's why we're out of synch with the Earth, which is a feminine body. I think that it's true for men and for women. The

push to speed is not a sustainable way of life – emotionally, mentally, spiritually, or in any kind of way. On some level, I think the whole culture has chronic fatigue. If you take away coffee from most urban areas, it would be very interesting to see if anything could function. What caffeine does is help us move at a faster pace than our bodies and minds want to go.

CG: How did you discover that you had chronic fatigue syndrome?

OMD: I had a really specific moment when I crossed the line into chronic fatigue syndrome. It was about two days after the birth of my second son, who was large – 12 pounds, 13 ounces. I woke up in the middle of the night, and I had had a dream. I had the sensation of a fluorescent tube in the centre of my body and it broke in half. I sat up in bed and I said to my husband, "Something just broke." And he said, "What?" and I said, "I don't know," and I started haemorrhaging.

CG: How did you heal?

OMD: It was a combination of things. I finally went to the shaman and he did a healing with me, a very simple 20-minute healing, talking to me and putting his hands over my body. Something really shifted for me, and I realized that part of what was at the root of my chronic fatigue was that I was living a perfectly lovely life, but it wasn't really my life. I realized that my life needed to be centred in my spirituality, and it needed to be done in a very explicit way. That's who I am.

CG: In your new book you talk about the myth of spontaneity. That intrigued me, as for years we've been admonished to live in the moment. How does the myth of spontaneity affect the creative process?

OMD: I talk about it for both love-making and for creativity. I talk about not separating our spirituality, sexuality, and creativity. Anybody who's been in a long-term relationship knows that if you cling to the myth of spontaneity, thinking that if you're really in love, you'll just fall

continued on page 33

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Died peacefully in her sleep in Vancouver, BC at the age of 96. Born in 1909 in Oakland, California, Janet Hamilton Baird was a pioneer broadcaster at NBC in San Francisco, an early aviator, and a tireless advocate of women's rights, particularly in the area of birth control. In the '50s, she published *These Harvest Years*, a book about aging well, of which she said, "You've heard of pediatrics – it's the opposite." Baird was the ghostwriter for Billy Graham's first book

Peace With God, and in the '30s, she was the first woman to do a live broadcast in a diving suit from the bottom of the Pacific Ocean. She was a licensed pilot with her own plane, and actually waved good-bye to Amelia Earhart before her famous, last flight. For 30 years, Baird lived and worked in the New York fashion world, where she headed up Coty's public relations department. She arrived in Canada in the '70s and taught until she was more than 90 years old. She is survived by her loving daughter Peggie Baird Merlin.

Donations may be made in Janet's name to Options for Sexual Health of BC (formerly the Planned Parenthood Foundation).

RESOURCE DIRECTORY

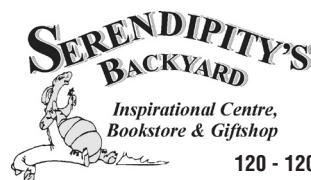
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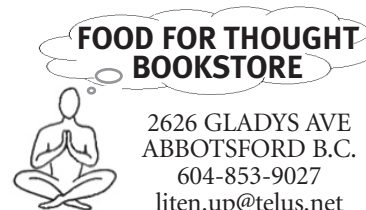
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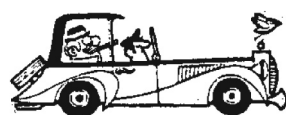
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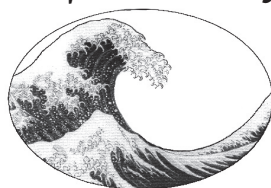
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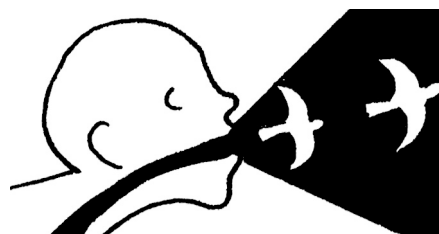
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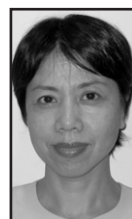
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Discover your personal strength - it lies in the coping style that has gotten you this far; **shift** depression to hope. **Free** yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. **Deepen** and **enrich** your connection with others. **Create** the life you deserve.

In a safe environment, learn to value your power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.

CALL ME FOR INFO ON EMDR

- Creative/Career Blocks • Addictive Behaviours
- Trauma/Abuse: Physical, Sexual, Emotional
- Depression • Anxiety • Grief/Loss

• Relationship (from romantic to roommates) I have 20+ years experience as a therapist with adults, adolescents, and couples. Clinical Supervision Available.

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www.jaminiehilton-counselling.ca



ARE YOU READY FOR A CHANGE?

Lorraine Milardo Bennington
M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!
Success Coaching
Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Past life regression, Ancestral healing, Anxiety, Phobias

Couples Counselling Archetypal Astrology

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates hypnotherapy and shamanic training into her coaching and

counselling practice. Lorraine gently guides people in the process of transformation, connecting to their higher self and reclaiming joy and personal power. Lorraine has returned to Vancouver after 10 years living on Kauai and Maui. (604)871-4342 or transformance@mac.com



Therapy of the Whole Person

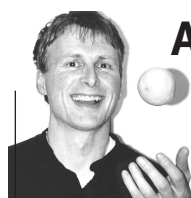
John Arnold Ph.D.
Therapist /
Counselor since 1975
604.261.2788

Only by Working With the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK,

it is because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are

uncovered and resolved. If you are fed up and want to do something radical about your predicament, give me a call **604-261-2788** or visit my web page at www.members.shaw.ca/johnarnoldphd/



Are U on purpose?

www.mtkhealing.com

"All of your symptoms - depressions, fears, cancers, relationship patterns, bankruptcies and divorces - point to the deeper purpose of your life."

Michael Talbot-Kelly, MH, MA
Holistic Psychotherapy
Registered Clinical Counselor

Learning to befriend these symptoms helps you discover the wholeness that is you. This friendship is what heals and restores the natural rhythms in your life.

Michael is a holistic psychotherapist who has 25 years experience healing the mind,

body and soul. Michael's commitment is to guide you - gently and truthfully - toward restoring these natural rhythms that allow you to live your full and balanced life.

Call Michael: 604-317-1613

PSYCHOLOGY, THERAPY AND COUNSELLING



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Toni Pieroni, M.A.
Registered Clinical Counsellor

Freedom from the beliefs, feelings and behaviours that result in emotional pain and repetitive, reactive patterns that keep you stuck. Life's options open up as you learn to respond rather than react, resulting in:

- Healthy, intimate, satisfying relationships
- More success in work and career

- Joy, ease and pleasure in life itself
- Aliveness and authenticity

Some issues dealt with:

- Emotional, physical and sexual abuse
- Addictive and obsessional behaviour
- Relationship issues and co-dependency
- Anxiety and depression • Self-expression

About Toni Pieroni: Along with my professional training and skill, I bring over 20 years of personal development experience. I offer individual and couple therapy. For further information or for a free introductory session, phone **604-737-0168**. Or visit our web address: www.counsellingbc.com/listings/tpieroni.htm



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"Nicklas's knowledge and approach to how we can free ourselves from the limiting programs from the past is liberating and incredibly empowering for the average individual."

Grace Cirocco: International Speaker and Best Selling Author of "Take the Step, the Bridge Will Be There"

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Read more testimonials on counseling/coaching to remove blockages for all ages: Relationship, sexual, communication, emo-

tional/mental, family, creative, health, career, social, and so much more:

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FREE talks at: Indigo Books in N. Vancouver, Whole Foods W. Vancouver & other locations. Some coverage avail./ask about discounted rates (Some weekend & evening appointments available)

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Bianca Rucker
R.N., M.A., Ph.D.

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Problems with sexual functioning, inhibitions, desire discrepancies, affairs, or communication conflicts? We provide sex therapy, marriage counselling, clinical hypnosis. Extended health coverage. #400 - 601 West Broadway Vancouver. **Bianca Rucker, PhD 604-731-4466**

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Registered Psychologist #335
Vancouver 604 876-4313
www.powerpsych.com

If you want to **recover** the real self, **reconnect** with your energy and creativity, **refine** skills to **realize** your goals and **reinstate** your personal power - **request** an appointment. We will transform curses into blessings using:

- EMDR • Power Therapies
- exploration of feelings and reframing beliefs
- goal setting and decision making



CORE BELIEF
ENGINEERING

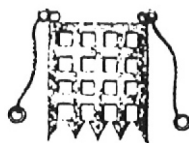
Reach and expand your potential in all areas of your life. Since 1985 this gentle method has proven exceptionally effective in changing automatic, self-limiting patterns and enhancing Conscious Choice. Elly Roselle offers private sessions and classes.

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At Wilms Counselling services, we recognize long-term problems require long-term solutions. We provide in-depth therapy for people dealing with a range of issues. Change is difficult, but infinitely rewarding. If you have considered making change then call **604-733-9588**.

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Past-Life Therapy
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Psychologist/Coach, Best-selling Author/Syndicated Columnist helps individuals and organizations **dare to change**. Contact QUESTERS if you're: questing for meaningful work/life, needing new direction in life, wanting to advance your career, or attain desired goals. 604.723.3415; questers@daretochange.com www.daretochange.com

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To speak our truth, we first need to be able to distinguish our own voice from that of the voices of authority that reside in our head.

— Bernie Siegel

RESTAURANTS

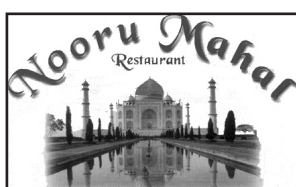


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Stormin' Norman's legendary burgers made with love since 1991 on Wreck Beach. Fully licensed with live music Thursday through Sunday. Our 25 types of self-serve condiments complement the best and biggest variety of meats in the world. Burgers currently available: buffalo, ostrich, venison,

wild boar, elk, muskox, caribou, mixed wild meat, ground sirloin, organic beef, NY steak, ribeye, lamb, rabbit, alligator, wild salmon, halibut, chicken breast and veggie. We feature whole wheat bakery buns, home-cut fries, poutine, veggie gravy; numerous exotic sausages: pheasant and pistachio, duck and apple, venison orange and fennel, wild boar

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Best dosa in town. Specializes in South Indian and Sri Lankan cuisine and the dosa listings alone are mind-boggling. Everything from lamb to chicken to beef to hot and spicy fish or plenty of vegetarian options. Open 7 days a week. **Special thali for lunch.**

4354 Fraser St., Van **604-873-9263**

It is never too late for a joyous childhood.
— Anonymous

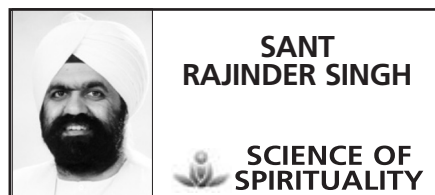
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EXPERIENCE THE EAST
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"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal."
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SPIRITUAL PRACTICES



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Science of Spirituality is a global, not-for-profit spiritual organization under the leadership of **Sant Rajinder Singh Ji Maharaj**.

Sant Rajinder Singh is a world-renowned spiritual Master, who teaches a simple yet dynamic meditation technique for all.

See www.sos.org for more information about this spiritual path.

Every Sunday - 9100 Van Horne Way, Richmond (SE corner of Great Canadian Way & Van Horne - East entrance).

10 AM Meditation, 11 AM Spiritual Discourse (Satsang)

NEW in November in Richmond. Please join us Tuesdays in November for Introductory Meditation Classes:

Nov. 1st, 8th, and 15th 7:00-8:30 p.m.

Questions, or to register, please contact

Judy: 604-530-0589

All SOS programs are FREE

Sahaja Yoga Meditation

As taught by
 H. H. Shri Mataji
 Nirmala Devi
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"Sahaja Yoga is different from other Yogas because it begins with SELF REALIZATION. It is important for everyone to have that knowledge of the roots within ourselves. Sahaja Yoga allows the individual to become his own Spiritual Guide."

— H. H. Shri Mataji Nirmala Devi

"I have been practising SY for over 13 years and this became a way of life for me. Being a physician I had been absorbing Sahaj knowledge slowly but surely since all my questions, doubts and dilemmas were answered.

My life became rich of people, love and optimism. My personality shifted from being shy, uncertain and fearful to optimistic, open

and balanced. The biggest gift I ever received was self-realization and a chance to become a yogi-connected with my Own Spirit."

— **Dr. I. Fadyeyeva**, Business Development Manager, GN, Hearing Care

FREE meditation classes. 604-597-8440, 604-715-8888, 604-726-8149 & 604-980-8107.
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www.isacanada.ca
 e-mail: theisacanada@yahoo.ca



WEDNESDAY EVENTS 7:30 pm - 9:30 pm • **HEALING** 7 pm
SUNDAY SERVICES 11:00 am - See DATEBOOK: Sundays

Nov. 2 - Mediumship - Claudette Godin • Nov. 9 - Open Circle - Marion Bellis • Nov. 16 - Mediumship - Anne Beveridge & Lyn Wells • Nov. 23 - Explore & Experience Spiritual Healing - Anne Beveridge & Healers • Nov. 30 - Near Death Experiences - Psychic Reader Beverleigh • Dec. 07 - Mediumship - Barbara Leonard • Dec. 14 - Open Circle - Lyn Wells • Dec. 21 - Winter Solstice Celebration - Julia Schoennagel & Glenda McLeod • Dec. 28 - CLOSED FOR HOLIDAY • Sat. Dec. 24 - Christmas Eve Service 7:30 Healing 7 pm



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Make life a celebration. The Art of Living courses improve health and give greater happiness by eliminating stress through a powerful breathing technique that purifies and rejuvenates the mind and body. Teacher trained by His Holiness Sri Sri Ravi Shankar. Contact: 604.228.8728

*If appetite is a gift, and greed
 a sin, then waste is a crime.*

— B.K.S. Iyengar



*"Be one
 with
 the One"*

Sant Baljit Singh

Yoga of the Soul: Experience your higher self through the meditation on the holy inner Light and Sound. We are a registered Canadian charity (since 1983) offering FREE classes, workshops and follow-up support.

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www.knowthyselfassoul.net

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 (604) 873-3848
Bodhi Choi Heung

Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by **Chef Ho** formerly of **Bodai**. Open 6 days a week from 11:00 am to 9:30 pm, closed Tuesday. Rated Best Vegetarian Restaurant in Vancouver Magazine's 9th Annual Restaurant Awards. Closed Oct 31 - Nov 15 for holidays. Call for reservations. 604-873-3848.

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2582 West Broadway
 Vancouver 604-737-7373
 Mon-Thurs 11am-9:30pm
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Vancouver's largest vegetarian buffet

Enjoy homemade vegetarian food at its finest from our extensive hot and cold buffets. There is something to please everyone from our international selection of tasty dishes, many vegan, wheat and gluten free, including our natural desserts. Eat in or take out.



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 8095 Park Road, Richmond, BC
 11:00 am - 9:30 pm
 Closed Tuesdays, except full moon day

The Meaning of Vegetarian

It comes from the Latin word "VEGETUS." It means "Integrity, Healthy, Freshness, Energetic." Remember it and enjoy the flavour! Try our delicious appetizers, soups, thick soups, deluxe veggie dishes, hot pots, noodles, congee, deep fried & sauteed dishes, and rice dishes.



**"Great
 Food,
 Anytime!"**
**Open
 24 Hours**

The Naam Vegetarian Restaurant

For years voted "Best Vegetarian" in the Georgia Straight and in Vancouver Magazine's "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner. 2724 West 4th Ave. 604-738-7151.

*Reactive behaviour is
 unconscious behaviour.*

— Anonymous



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Soup, sandwiches, muffins, and more. More choices and ordering on-line.

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 Next vegan potluck November 27!

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Full spectrum - balanced natural light. Sound system, piano and stage. Full kitchen facilities. Fully carpeted ... nicely decorated. Colours chosen by a colour therapist. Very quiet and peaceful environment.

Beautiful park with trees 1/2 block away. Grass side yard with patio and flowers. **Free parking.** Centrally located. 23rd and Oak area, Vancouver. **Call to view 604-264-0714.**

CALENDAR OF EVENTS

List at: www.commonground.ca > Advertising > Datebook

NOV 1
Free Intro Talk with Thomas Fillingham - 7:30pm. Awaken inner wisdom and healing using a blend of psychotherapy and trance journeying. Evening series. Info 604-737-2844.

NOV 4-6
Introduction to **Foot Reflexology** commences Certificate Weekend Course. Intro: \$10, Course \$295. Pacific Institute of Reflexology 604-875-8818.

Fall Health Fair at the West End Community Centre - 11am to 4pm. Traditional and alternative health care techniques. Free demonstrations by practitioners. www.westendcc.ca/healthfair

NOV 8, & 12-13
Sustainable energy events, Victoria - forum with MP David

Anderson, Nov 8, 7:30pm, St. Ann's Academy auditorium; tradeshow, Nov 12-13, 11-6pm, University Canada West, 950 Kings. Info www.bcsea.org

NOV 11
Banyen Books & Random House presents Dr. Andrew Weil, M.D. -Healthy Aging- Talk and Book Signing, 7:30 pm, St. Andrew Wesley Church. Tickets \$15/\$12 available at Banyen Books 604-737-8858

NOV 11-13
Neuropeptides - Our emotional soup. Somatic explorations with Deane Juhan, Trager® instructor, author of Job's Body A Handbook for Bodyworkers, & Touched by the Goddess. For bodyworkers & body-centred psychotherapists. 22 credits CMTBC \$525 in Victoria, BC. Vancouver contact: Louise Morin, CTP. 604.688-5838, morinrtrager@yahoo.ca

NOV 12
Meredith Monk and Vocal Ensemble - Legendary composer, singer, director/choreographer, Meredith & her vocal ensemble explore music for voice as a multi-faceted instrument, 8pm, Chan Centre at UBC, \$45/\$40/\$35, Ticketmaster.ca or 604-280-3311. www.mundomundo.com

NOV 17
MDA of BC presents a free talk by Dr. Ryan on pregnancy with a mental illness. 7pm, 1950 Windermere St. Wheelchair accessible. 604-873-0103 or mdabc@telus.net

NOV 18
Introduction to TRAGER®, its magical, gentle touch and movements. Experience your body very differently. With Louise

Morin, Certified Practitioner. Participation. Draw. Tea. 7-9 pm, \$20. Unlimited Yoga, 350-1177 W. Hastings/Thurlow. 604.688-5838 www.trager.com

NOV 18-19, DEC 9-10
West Coast Institute Workshops - The Hidden Side of True Christianity: An Esoteric Spiritual Stream SenseIntense: Deepening the Perception of the Senses. Contact: Leslie: 604-986-8036, fish01@shaw.ca

NOV 18-20
An Artful Life Charity Fashion Show with fabulous live music. Holiday Market. At the Masonic Hall, 1495 West 8th Ave. Call for Fashion Show tickets (\$20): 604-228-8268. www.inspiringyoga.com

NOV 19-20
Healing with Sound workshop - 10-5pm, \$200 or \$125/day. Learn to heal with the power of your voice. Tibetan bowls & more. Call Pierre to register: 604-253-6633. Info: 250-764-6330. feelingsoulgood@yahoo.ca

NOV 20
Animal Communication Workshop - 8-5pm, Vancouver \$125. Learn to communicate with animals telepathically. Understand them beyond physical illusion. Pearl 604-945-0830. www.sacredbond.ca

Banyen Books at 35 presents RUMI - an evening of ecstatic Poetry, Music and Dance featuring Robert Bly and Goleman Barks, 7:30 pm, Chan Centre. Tickets at Banyen Books 604-737-8858

NOV 23
Kareen Zebroff, author and TV yoga star, talks about graceful aging and cell regeneration through yoga and nutrition. Phone 604-682-3295 or 604-733-5651.

NOV 23-25
SEVA Canada Launches Beauty & Transformation- Photography of Brian Harris who spent 5 months in India photographing traditional Hindu and Buddhist culture. Ridge Theatre 7:30pm, tickets \$15 at Seva, Banyen Books, Mountain Coop Equipment. Info 604-713-6622

NOV 23-27
Two Spirits: an Erotic Retreat for Women and Men at Body Electric School. Expand your erotic education & learn the ancient connection between sex and spirit. For more info and to register, call Emaya: 877 247 9504. www.bodyelectric.org

NOV 24
Chloe Goodchild: One Breath One Voice - Meditative mantras, sacred chant & devotional song. 7:30pm, Baha'i Centre, 5880 Main (at 43rd) with Joseph Pepe Danza. Tickets, \$20 Banyen Books, 604-737-8858 or \$25/door.

NOV 25-27
Introduction to **Ear Reflexology** commences Certificate Weekend Course. Intro: \$10, Course \$295. Pacific Institute of Reflexology 604-875-8818.

NOV 26
Conscious Connections Social Club - Community of holistic, fun loving and caring people where kindred spirits meet to share common interests. Saturday Brunch - November 26. www.consciousconnectionsclub.com

NOV 26-27
Chloe Goodchild: One Breath One Voice - Non Residential Workshop. Free your spirit & sing with all your passion. 10-5pm. Alma: 604-538-2232 or tajma@telus.net. Chloe Goodchild: www.thenakedvoice.com

DEC 2-4
Learning to recite Rig Veda: unfolding the powerful sound value of a sacred language with Michel Angot, Sanskrit scholar, Rosemary Heights, Surrey. 1-800-849-9955 or info@quatuor.cc. www.michelangot.com

DEC 3
John Adams On the Transmigration of Souls & Larry Nickel Requiem for Peace. World premiere. Choir & symphony orchestra. The Chan Centre, 8pm, \$22/Adults, \$16/Seniors, \$12/Students.

DEC 5-6
Eye Movement Integration Therapy, Level 1 - Justice Institute. For more info, call Caroline: 604-528-5620 or carolinew@jibc.bc.ca. To register, call 604-528-5590. Visit the special events page at www.jibc.bc.ca/clcd

DEC 5-9
The Yoga-Sutra of Patanjali: a validation of the personal mystical experience with Michel Angot, Sanskrit scholar, Rosemary Heights, Surrey. 1-800-849-9955 or info@quatuor.cc. www.michelangot.com

DEC 9-11
Return to wholeness through self-inquiry and resting in the heart with Neelam. Fri, 7pm, (\$20), Sat and Sun 11am-4pm (\$50-\$100). Pre-registration required for Sunday. 1495 W 8th. 604-254-9150.

Introduction to **Foot Reflexology** commences Certificate Weekend Course. Intro: \$10, Course \$295. Pacific Institute of Reflexology 604-875-8818.

DEC 24-27
Christmas Celebration Retreat - A silent, spiritual retreat to experience the full spiritual depth of this beautiful time. Includes special Meditation times, nourishing food, and comfortable accommodation. SRMH Centre, Sunshine Coast 1-604-740-0898.

DEC 29-JAN 1
New Year Gathering - A spiritual gathering to listen to Divine wisdom, share thoughts for the coming year and devotional chanting. Includes special Meditations. SRMH Centre, Sunshine Coast 1-604-740-0898.

JAN 11, 18, 25 & FEB 1
Re-Charge Your Everyday Living 6:30-9pm. Expand your comfort and "living" zone. Create healthy relationships and environments. Live consciously. M.A. Leadership/Counselling. Call 604-733-1393.

JAN 28-29
Explore the Feminine Principle with renowned Buddhist scholar Judith Simmer-Brown. In this 2-day workshop, you will learn to release the creative power of your mind through storytelling, lectures, and meditation. Info: 1-800-976-3652.

SUNDAYS
The Centre for Spiritual Living Inspired by the teachings of Deepak Chopra and Louise Hay? You'll love our Sunday ser-

vices, 11:00am. Children welcome. 1495 W. 8th Ave, Vancouver, 604-321-1225 www.cslvancouver.com

International Spiritualist Alliance #1A -320 Columbia Street, New West (Downstairs) 604-521-6336 . Sunday Services 11am . Rev. Joyce Tarvin 604-433-6663 See resource directory. www.isacanada.ca

NOV13, 20, & 27
Three Ascended Master Events @1:30pm: 1) Twinflames; 2) Karma AND Reincarnation; 3) Connect to the God-Force within you! By donation, 201-6628 Fraser St., 604-301-1128.

TUESDAYS
Reflexology Student Clinic sessions - only \$15. Evenings only. By appointment. Pacific Institute of Reflexology. 604.875.8818

Pranic Healing Clinic Non-touch energy healing. By donation. Tuesdays 11:00am - 3:00pm. 2950 Laurel St, Vancouver. Closed last Tuesday of month. 604-988-1102. www.pranichealing.ca/vancouver

WEDNESDAYS
Hawaiian Healing Night 7pm. Hawaiian guided Meditation, Sharing the Aloha, and snacks after, meet like-minded people and share. \$5.00 donation. At Hale Ola - a place of Healing 1215 Madison ave. Burnaby 604-431-7474 Kaimana and Moanikeala

Children of War fundraiser Chai Gallery at East Is East hosts a fundraiser for Children of War (www.thechildrenofwar.org) featuring local musicians & traditional dancers. Wednesday evenings, 7:30 pm-1:30 am, 3243 W. Broadway. Tickets at the door or call 778-837-1862. By donation.

Meditation & Self-inquiry: Have you lost the balance and rhythm in your life? Let stillness (through self-inquiry) return your wholeness. 5-7 pm. 317-1613.

Sacred Healing Sound, Fun and Laughter will be our passport to wellness. Wednesday evening class, 6:30-8:30pm. \$15. Please call Monica to register: 604-736-2835.

THURSDAYS
Pranic Healing Clinics - Non-touch energy healing. By donation. Thursdays 10:00am - 2:00pm, and 6:00pm - 9:00pm. 204 -133 E 14th, North Vancouver. Closed last Thursday of month. 604-988-1102 www.pranichealing.ca/vancouver

ONGOING

Free Meditation workshop: Experience kundalini awakening through Sahaja Yoga, as taught by Shri Mataji Nirmala Devi. & enjoy your Powers at our Weekly classes, always free and open to all. 604 597-8440 www.sahajayoga.org

HUMUH Buddhism - Wisdom Circle & Meditation: 2nd Wed every month, 7pm, Garratt Wellness Centre, 7504 Chelsea Place, Richmond. By donation. www.humuh.org 604-274-2254.

Psychic readings available. A psychic reading is a reading of you - the soul. Receive info about your relationships, finances, spiritual purpose and more! Psychic Demo every Mon. @ 7:00pm. Meditation hour every Tues. @ 7:00pm. CDM Psychic Institute, 1114 W. Broadway, Ste. 202, Vancouver. 604-730-8788.

VANCOUVER

VOTES

NOVEMBER 19

Who will govern
your city for
the next three
years?

Make your
voice heard.

vancouver.ca/vote
604.873.7681



CITY OF VANCOUVER

List at: www.commonground.ca > Advertising > Classifieds



On Track Zodiac

November 2005 by Ilona Hedi Granik



ARIES (March 21 – April 19)
You don't seem to be in any rush while you allow good things to come your way. Current trends and new technologies inspire you in directions that bring out your entrepreneurial style.



TAURUS (April 20 – May 21)
The road ahead signals many challenges to your psychological health. If there was ever a time to seek guidance, it is now. You know that you may need a plan for your well-being. Follow your intuition, as it is crucial to your success.



GEMINI (May 22 – June 20)
You usually have the energy of two people and people notice your style. You get a chance to communicate your wit and humour, while keeping your audience captivated. It's all about fun now, and you're living it up.



CANCER (June 21 – July 22)
Your emotions seek an outlet for expansion. You could dive in with both feet, or dip your toe into the ocean of experience. You may even be more daring than usual, as new frequencies open up in your heart and mind.



LEO (July 23 – Aug 22)
Your desire to be free and liberated surfaces. You will no longer tolerate feeling trapped. This is a make-or-break-it time, and you could be wanting out. Sudden events will coax your decision.



VIRGO (Aug 23 – Sept 22)
Your desire to be of service to others is not only your calling, but also something that begs your attention. You can do your best at this time, bringing much needed care and consideration to those who need it.



LIBRA (Sept 23 – Oct 22)
You could have dieting on your mind. Both your body and your chequebook could see a big, tapering-off time. You may need to watch your savings as luxury and high style are in your sights. It's okay

to pull in the reins and be mindful of what you have. There is beauty in your wisdom.



SCORPIO (Oct 23 – Nov 21)
It's time to acknowledge the ways in which you give and receive love. Is the love you make equal to the love you take? You won't mind feeling like a fool, as you are ready to leap into the unknown. A whole new chapter comes alive.



SAGITTARIUS (Nov 22 – Dec 21)
Strong energies give your skills and abilities leeway. You may need to step up and declare what is naturally yours. Own your space even when you may feel you aren't being heard. Speak the truth of your convictions, while fostering good intentions.



CAPRICORN (Dec 22 – Jan 19)
You may be immersed in a fantasy world. While a good book may take you to exotic places, it may be time to step out into the real world. You may have felt like hiding out, but the tide is turning. If you feel as though you are still dreaming while wide-awake, go fearlessly through the fog.



AQUARIUS (Jan 20 – Feb 19)
Life has a slight fairy tale quality now. You may feel that truths outnumber secrets. If others seem to be trying to pull the wool over your eyes and heart, you may need to be more discerning about your affairs. If you nurture nature, it will nurture you.



PISCES (Feb 20 – March 20)
You take risks where others won't. With Uranian energies at play, your life is exciting – something you can never get used to because of Uranus's wild, illuminating force. You have had to be on your toes, and these days you're more creative with handling challenges and sudden events.

Ilona Hedi Granik is a clairvoyant consultant and author with 31 years experience in astrology, multi-media art, and healing. ilona23@shaw.ca

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Fred Bass good medicine for city council

by Joseph Roberts

Fred Bass has served two terms as a city councillor under COPE. He has stood firmly against the spread of gambling and has fought the RAV line with the belief that it would misdirect billions of dollars. As the lead in Vancouver's area transit plan, he ensured public consultation and a front line transit operator's advisory committee. He is a strong advocate for more social and co-op housing and increased treatment, housing, and rehabilitation services for people with addictions.

Common Ground: How did you get involved in politics?

Fred Bass: In 1990, I served on the Clouds of Change Task Force, which looked at global warming and what Vancouver should do about it. It seemed clear that global warming should be taken seriously and that the response would call for major behavioural change at the individual level, and in the current government and corporations.

Having seen and been part of implementing major change around cigarette smoking in society, I had learned something about how to facilitate change in a community. I also learned that if you want to change the world, you are most likely to accomplish it at the city council level.

CG: Before you were involved in politics, you were involved in implementing social change.

FB: As a preventive medicine physician, I had become engaged in wrestling with the "brown plague," the cigarette-smoking epidemic that began in the 20th century. My work ranged from counselling individual smokers, to working with groups of smokers, to advocating for eliminating exposure to second-hand smoke, to recognizing the irresponsible behaviour of tobacco companies that continued to promote and market their addictive, lethal products after the best minds in medicine and public health had told them that their products were killing their customers.

When Martin Luther King Jr. was assassinated in the US in 1968, I became active in the civil rights movement and became chair of the Maryland Medical Committee for Human Rights. At both Johns Hopkins and the University of Maryland, we provided medical care for the Poor Peoples' Campaign, an encampment in Washington, DC to protest poverty.

I would trace my activism back to my college in Antioch, Ohio, where a monument on the front campus quoted the college's founder Horace Mann: "Be ashamed to die until you have won some victory for humanity."

CG: What is most needed in the world today and how does it translate to Vancouver?

FB: We are in an ecological and social crisis worldwide, in which we in the First World are overspending our share of nature by consuming irreplaceable

resources and fouling our nest, our food, and our water with pollution of various sorts. Our species is doing a radical experiment with the planet, in terms of driving up atmospheric carbon dioxide and other greenhouse gases. We cannot continue on this course and must treat our situation as an emergency. Unfortunately, the Third World is following in our footsteps, principally due to the unhealthy influence of western governments and some multinational corporations.

Vancouver's present municipal government, a COPE city council, has directly addressed these issues through a number of initiatives, including the Climate Change Action Plan, which is also known as Cool Vancouver; the Food Policy Task Force; the ethical purchasing policy; establishing a Peace and Justice Committee, which is hosting the World Peace Forum in 2006; and the Women's Task Force on women's involvement in politics.

CG: What is closest to your heart these days?

FB: My family – my wife Roma, all our children, and the various young people who inhabit our household – is very important to me and a great source of comfort. I work very long hours and don't have enough time for my family or myself, or visiting the mountains, or listening to music. As you asked me that question, I heard the opening of Beethoven's Fifth Piano Concerto from the neighbouring building. Music, particularly Mozart piano concertos, Brazilian chorinos, and street samba is very nourishing for me.

CG: What was your position on gambling, specifically slot machines?

FB: I have always opposed the expansion

I have a dream that Vancouver develop a "centre for understanding ecosystems" to help all interested persons and organizations understand how ecosystems work. I would like to see us become an example to the world as the most eco-literate region on the planet.

of gambling, particularly slot machines. To me, the government use of money derived from gambling represents an unfair tax on vulnerable brains, since 40 percent of the gross from gambling comes from the five to 10 percent of people who are addicted, or at risk of becoming addicted. Furthermore, I think gambling represents a poor strategy for economic development.

CG: What happened with your involvement in the RAV line, and did you get kicked off the TransLink board because of your opposition to RAV?

FB: I voted against RAV from the beginning for several reasons: first, there was never a head-to-head comparison of either

route [Cambie vs Arbutus], or technology [rapid bus vs. light rail vs. SkyTrain]. Second, there was no clear, long-term plan, which evaluated all the major projects facing TransLink in terms of their benefits and costs. Third, it was not clear where all the money was going to come from, especially after the failure of the car levy to



fund the 2000 plan. Fourth, a public-private partnership to design, build, operate, and finance the biggest civic investment ever seen in Vancouver was a poor choice; and finally, I know enough about transit to realize that our first priority should be getting an adequate bus fleet. Today, we are 500 buses behind what we were supposed to have by 2006, according to the 2000 plan.

Did my position on RAV cause me to get kicked off the TransLink board? I wasn't kicked off the board. Rather, I was not re-appointed to the TransLink board in my second year, likely because of my position on RAV.

CG: Which transportation solutions will work best for Vancouver in the long run?

FB: First, active transportation – walking, cycling, and transit – will work best. These are the 1997 Vancouver transportation plan's top priorities in that order. Active transportation makes people happier and healthier – less obesity, heart disease, hypertension, diabetes, osteoarthritis, and depression – and costs individuals and government much less than continuing to cover the costs generated by the single occupancy vehicle. It also generates less air pollution. This means that we need to

facilitate walking, create more cycle paths, and promote cycling and more effective transit services, by increasing the number of available buses and by implementing the Vancouver area transit plan by 2010.

CG: Why did Mayor Larry Campbell and three councillors break away from COPE?

FB: You will have to get that answer from them. COPE stands for the Coalition of Progressive Electors, and a coalition means having a broad range of people under the tent. Perhaps the range was too broad for those who left COPE.

CG: What are your thoughts on the current school and parks boards?

FB: COPE school board members did a brilliant job of communicating with staff and changing the culture of that bureaucracy. It also stood up to the provincial government when it cut vital resources for education. It promoted programs for anti-bullying, anti-racism, and anti-homophobia, and for healthy food choices in schools. The COPE parks board improved accessibility in the parks, began necessary construction of community centres, and promoted water conservation and use of alternative energy sources.

CG: What about fiscal responsibility?

FB: If you compare the COPE council's percent-increase in municipal tax rates to NPA's increases, they are strikingly similar.

Perhaps, COPE averages about \$15 more per household annually. Many people don't know that the Vancouver Charter does not allow the City of Vancouver to go into debt. Our finance people run a tight ship and we have a healthy property endowment fund, which all adds up to our having a very favourable credit rating. According to Moody's rating service, the minus sign was added to Vancouver's AAA rating because of the increased debt assumed by the GVRD and TransLink, escalated by the RAV project.

Q: How were you involved with Vancouver's Walk for Peace in 1982, and what can the city do now to foster friendship and understanding in the world?

FB: In 1982, I was the first director of health promotion for the Vancouver Health Department. The Harcourt government had decided to accept the invitation from Hiroshima and Nagasaki to demonstrate concern about the proliferation of nuclear weapons. The City of Vancouver supported the first Walk for Peace by endorsing it and distributing a leaflet to 175,000 Vancouver households, explaining the risks of nuclear weapons and asking citizens to attend the Walk for Peace. I had the honour of preparing that pamphlet with my wife's help.

The COPE council recently committed
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into each other's arms spontaneously and make love, you'll soon find that you're not having much of a sex life, particularly if you have children.

Sleep always seems like a better option. What we find out is that we have to cultivate that energy between each other and intimacy. We have to cultivate that same kind of intimacy with our creative process and in spirituality too. In all three, if you really want to cultivate your spirituality, sexuality or creativity, you need to develop some kind of practice. A practice is a regular, structured method that allows us to enter the process whether we feel like it or not. The myth of spontaneity may really just be our resistance to doing it, period.

CG: You have written that doing creative work allows one a way to cultivate a life of making love to the world. What does that look like for Oriah?

OMD: I think that people get the best of who I am through my writing. It doesn't mean that the writing doesn't include many admissions of human failure, but I am able to both show up fully when I write and get my ego out of the way enough so that I can speak from a deeper place. At this point in my life, and this may change, the best of what I have to offer the world really is in my writing. The process of writing sustains me. I enjoy speaking, but travelling and speaking is not a sustainable way for me to work and live.

CG: There's a significant element of risk-taking and honesty in your writing.

OMD: One of the things that I talk about in *What We Ache For* is that all creativity involves a level of risk and sacrifice. People say to me, "I want to write, but I feel this resistance. What is this resistance?" I think it's legitimate. I think that the ego knows that if we participate fully and faithfully in the process of doing creative work, we will be changed because the truth changes us. The ego, the identity we have built and are attached to, will lose ground to a more essential self. It's impossible for the ego to surrender, so the best you can do is to feel the resistance and keep going. That's why a practice helps a lot. It is a way of going into the creative work even though you feel the resistance.

CG: I loved the image of you wrapping a copy of the first book that you published in a silk scarf and leaving it in a tree. I know that you still leave a copy of a new book at random locations.

OMD: I do. I don't always leave it in a tree, but with every book, the first copy I get I've taken to writing "This one's for you" in the front and signing it and leaving it somewhere at random. I do a kind of imaginary cutting of a sort of umbilical cord between the book and myself releasing it into the world. One of the things that stops a lot of people from sharing their work is that it feels like a piece of yourself that you're putting out there and that feels very vulnerable. You feel like you are your painting; you are your book. I understand the feeling, but we're wrong. I'm not my book. It's a book. That process is to remind myself of that. If I separate a bit from the book, it helps me remember that other peoples' responses to the book are really none of my business.

CG: What are you most proud of in your life?

OMD: The thing that's been most important to me, important meaning the thing I knew that mattered most, was how I was as a mother. I am well aware, because it is so important, of the many, many mistakes I've made in mothering. So I couldn't say that I feel that I have accomplished some stellar level of mothering.

CG: And it isn't really about accomplishment, is it? It's a feeling of pride, which isn't always tied to an accomplishment.

OMD: When I think about that, if I trace the feeling, what I think about is *The Call*, which is a story about my going out to do a 40-day vision quest. I became very, very ill by day five, and by day seven I had to leave the bush. I went home, but I decided that I would live the remainder of those 40 days by staying completely in the present moment and following the

What we ache for at the deepest level is the same for all of us, and it is that connection to presence, to the truth, to what is most real, to the divine. Creativity is one of the ways to respond to that ache, to find that connection.

impulse to move that came from that space, moving only when the impulse to move came from the deepest place in the centre of myself, and moving only as quickly as I could move maintaining that connection. And I did that for the rest of those 40 days. On the 40th day, my soon-to-be husband and I went for a drive and found our home that we bought that day. When I think about stopping doing the workshops, I realize that that 40 days was a template for how I want to live my life with that sense that the priority is doing whatever I need to do on any given day, including my practice and stay connected to that presence that is in all of us and in everything.

CG: What inspired the title of your newest book?

OMD: It really comes out of *The Invitation* because *The Invitation* starts with, "It doesn't interest me what you do for a living. I want to know what you ache for." My own belief is that what we ache for at the deepest level is the same for all of us, and it is that connection to presence, to the truth, to what is most real, to the divine. Creativity is one of the ways to respond to that ache, to find that connection. And I think because our creativity tends to have generally been neglected, sometimes it's an easier way into touching what we ache for.

CG: We are halfway through the first decade of the new millennium. Do you see a particular general consciousness developing that is different from that of the '90s?

OMD: I wish I could say there was some good news about this, but I've been spending a lot of time in the US and the

level of fear and anger there is higher than I've ever seen it in my life. More than it was after September 11. After 9/11, that fear, which was based on something real, was also mixed with an incredible pulling together and taking care of each other. That has slowed down, and now what we have is a lot of residual fear and anger. I think that a lot of the fear is about economics, which is not unfounded. The middle class in America is shrinking rapidly. They're in the process right now of eradicating Medicare, state by state, for people on welfare and for the working poor. They're starting with Missouri. I don't know what's going to happen. I find the ever-increasing spiral of materialism sad. It makes me want to weep.

CG: Is there anything you are still aching to do that you haven't yet done?

OMD: I want to write fiction, I think. One of the things about stopping for a while is that I'm not sure whether I really want to write fiction or I just like the idea of writing fiction. I'll find out. Sometimes there are things we think we ache for and then we get there and that wasn't it. The bottom line is that the only thing I really ache for is to keep within my consciousness that sense of connection to the sacred presence within everything. That's what I ache for. Anything else is a means, in a sense, to that end. My life is an end in itself, but really the ache beneath all the rest of it is that ache to have a sense of that presence, the beloved, continuously. ❖

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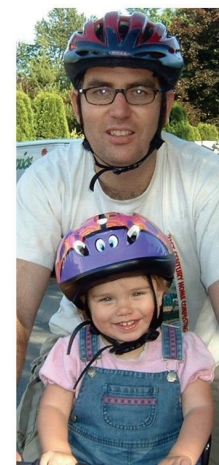
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to supporting the World Peace Forum that will meet in Vancouver next year, just after the gathering of municipal politicians and staff from around the world at the World Urban Forum in June. In this time of danger, due to the propagation of war, it is essential to our species that Vancouver does a good job with the World Peace Forum.

CG: What changes would you like to achieve both at the council level and personally?

FB: I would like to make sure that we continue what the COPE council started: the Climate Change Action Plan, the Food Policy Task Force, the ethical purchasing policy, and the Women's Task Force. As council liaison to the Vancouver/UBC transit plan for 2004 and 2005, [adopted unanimously by both Vancouver council and the TransLink board] by 2010, I want to see implemented the six bus routes and the new standards for both minimizing passenger crowding and increasing frequency of service.

I have a dream that Vancouver develop a "centre for understanding ecosystems" to help all interested persons and organizations understand how ecosystems work. I would like to see us become an example to the world as the most eco-literate region on the planet. After the industrial and information-age revolutions, the ecological revolution is coming soon. I think our

city should lead the world in this regard.

CG: Why is there such a presence of drugs and prostitution at Hastings and Main, next to one of Vancouver's main police stations?

FB: Drugs and prostitution are not, primarily, police problems. Yes, they cause disorder, but the War on Drugs has failed.

I am a physician who is extensively trained, with a masters in epidemiology from the Harvard School of Public Health and also a doctor of science in epidemiology from the Johns Hopkins School of Hygiene and Public Health. I have passed the examination of the American Society for Addiction Medicine and have spent 38 years working in tobacco addiction.

Addiction is the compulsive use of a psychoactive drug accompanied by great difficulty in stopping use because of biological and psychosocial factors. It is a health problem with implications for policing, but with even more implications for healthcare, housing, education and training systems.

A recent study of repeat offenders, sponsored by the justice system, correctly identified the lack of available, continuous care for addictions as a major determinant of repeat offenders' criminal acts. It is time that a comprehensive system of care, housing and rehabilitation services is made broadly available to the less fortunate among us.

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and prevent infection among essential workers. If everyone in Canada wanted Tamiflu, we would need 3 billion doses for the recommended 100 pills. That equals \$3.6 billion.

According to *Common Ground* health columnist Alan Cassels, "...there is definitely something behind the push for stockpiling Tamiflu, despite the weight

of evidence that suggests it prevents the length of the flu by, on average 0.8 to 0.9 of a day. Not exactly impressive. Is there better use for that money? By all means – do a public campaign to get people to wash their hands and cover their mouths when they cough, some of the main ways the flu virus is transmitted."

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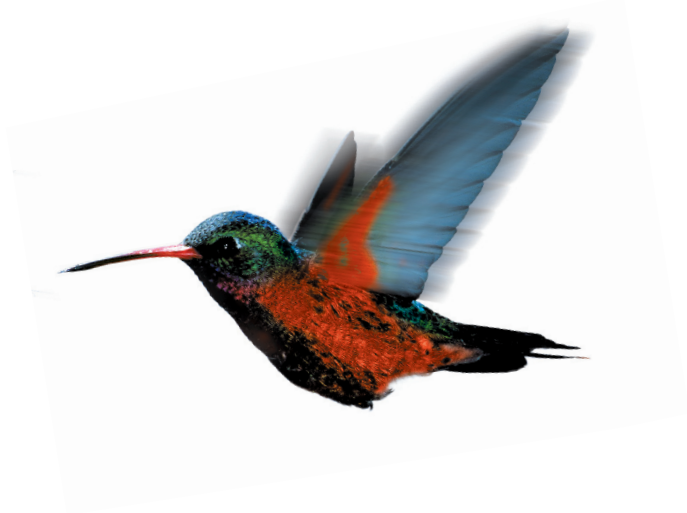
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